

Bicycle SA

RidesPROGRAMME

MARCH-MAY 2020
ISSUE 73

- FREE RIDES
- EVERY WEEK
- FOR EVERYONE!



www.bikesa.asn.au



Information

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

On Road Ride Codes

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

Mountain Bike Ride Codes

Class 1 (MTB Beginner) Limited off road experience. Obstacle free. Smooth fire tracks. Ride time 45 minutes. 10% gradient.
Class 2 (MTB Intermediate) Fire Roads, 20–30km. Numerous obstacles, various rock jumps, drop offs, technical tracks.
Class 3 (MTB Experience) Experienced riders, 30+km. Frequent single tracks, steep slopes, sand, drop offs, log jumps.

What to Take on a Ride

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

Hot Weather Policy

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

Ride Group Coordinators

30/30 Beach Streak
Daniel 0433 391 674

All Women's Bike Rides
Lanie 0406 452 117

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

Bike Melrose
Kristen 0409 093 649

Border BUG
Marcus 0407 978 763

Broken Gadgets
Stu stu.clement@yahoo.com

Cobwebs
cobwebsadelaide@yahoo.com.au

Cogs & Coffee
Jane 0402 102 608

'Cycle Salisbury'
Elaine 0422 393 997

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

Gawler Wheelers
Paul 0431 866 586

Getonyabike
Michele 0438 010 220

Hills Ride
Rob 0428 990 059

Kangaroo Island BUG
Manfred 8553 0383

Keep On Riding
Tony 0407 884 730

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

Mishmash Cycling
Michele 0438 010 220

Night Espresso
Rob 8299 0230

Northern Off Road Riders
Mark 0490 340 167

Northside Cycling Group
Gary 8255 1979

Peninsula Pedallers
Raelene 8682 3196

Poseurs d'Adelaide
Peter 0407 182 376
Andrew 0419 817 749
Doug 0419 813 479

Ride with Keith
Andy 8232 7277

Riverland Riders
Ruth 0427 752 815

Saturday Express
Patsy 8379 6477

Saturday Sojourn
Chris 0414 802 919

Tuesday Traverse
Rick 0417 816 372

Tuesday Treadlers
Tony 8388 4730

Unley BUG
David 0411 268 582

Wednesday Wheelers
Max 0405 191 995

Advertisements

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

BECOME A BICYCLE SA MEMBER

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

10 great reasons to join

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

Become a Bicycle SA Member

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

Bicycle SA offers more than just third party cover. Membership also includes protection for you AND your income. With public liability insurance, medical cover, rehabilitation and income protection, this is one of the best membership packages in Australia. Individual membership from \$80 with household and concession rates available.

Contact us to join now.

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

WELCOME

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

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

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

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

www.bikesa.asn.au

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

BICYCLE SA

Phone + 61 8 8168 9999

www.bikesa.asn.au

office@bikesa.asn.au

11a Croydon Road

Keswick SA 5035

Office open 9am-5pm

Monday-Friday

Emergency Phone

0409 950 884

SUN 1 MAR

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, Andrew or Doug 0407 182 376
0419 817 749 or 0419 813 479

GAD-BUG (Goolwa & District Bicycle User Group)

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

30 km **2B** Gavin 0468 909 397

Border BUG

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

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

Hills Ride

9:00 AM, Myponga. Recreation Hall. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills.

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

Peninsula Pedallers

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

40 km **4B** Jim 0448 412 992

Kangaroo Island BUG

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

25-35 km Manfred 8553 0383

Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information – Bike Melrose facebook page.

Kristen 0409 093 649

MON 2 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 3 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 the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.

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

Peninsula Pedallers

9:30 AM, 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 0419 842 007

Tuesday Treadlers

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

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

Tuesday Traverse

10:00 AM, Alberton Railway Station. Mystery ride. BYO lunch.

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

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 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 **4B** Terry or Wally

0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa.

Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B.

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

Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Water Wheel Museum Commercial Rd Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB /Hybrid bikes preferred.

30-40 km **2A** or **3B** Julian 0434 262 842

Ride with Keith

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

20-25 km **3A** Andy 8232 7277

Northside Cycling Group

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

30 km **5A** Gary 8255 1979

Wednesday Wheelers

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 0401 603 596 or 8276 9469 for more details.

50 km **3B** or **3C**

Max (**3C**) or Malcolm (**3B**)
0405 191 955 or 8276 9469

Peninsula Pedallers

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

THU 5 MAR

Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride mostly on quiet roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

30/30 Beach Streak

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

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

Border BUG

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

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

FRI 6 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** Gavin 0468 909 397

SAT 7 MAR

ADVERTISEMENT

Audax

South Eastern 123

Saturday 7 March 2020

Varied start times – from 3.00 AM

through to 12.00 noon

Start – Kingston Park

106km/160km/200km/303km

Unsupported

All loops leave Adelaide via Chandlers Hill and Clarendon, return via Aldgate Valley Drive. Varied start times to enable all distances to meet up and finish together. After the ride come and enjoy pizza and a drink.

Entry fee applies

Graham Stucley 0418 993 344

gstucleu@gmail.com

Bike Melrose

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

Mannum Peddle Wheelers

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

Riverland Riders

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

Gawler Wheelers

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

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North 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

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

Dry Creek Trailers 'Cycle Salisbury'

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

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Hausler Reserve, Kings Rd, Paralowie (next to Little Para River Trail). Easy ride along the Little Para Trail and the new Northern Connector pathway to the Stuart O'Grady bikeway and return. Coffee afterwards. Suit any kind of bike.
25 km **1-3A** Jim 0401 984 767

Unley BUG

9:00 AM, Unley Civic Centre, 181 Unley Rd, Unley. (meet in car park off Oxford St). Cycling in Historic Unley. A leisurely ride for those interested in the historic areas in the City of Unley. Suitable for all ages; families encouraged. Rides are planned for the first Saturday of the month. For those interested we will have coffee at La Scala Cafe, at the conclusion of the ride, around 10:30 am. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check (David – david.sutton@live.com.au) Further details see unleybug1.wixsite.com/ubug
1A David 0411 268 582

All Women's Bike Rides

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

Cogs & Coffee

10:00 AM, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Bici Cafe is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140
50 km **4B** Jane 0402 102 608

Saturday Express

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

Saturday Sojourn

1:00 PM, Heywood Park, Addiscombe Place, Unley Park Tour through the eastern and south eastern suburbs. An easy paced, sociable ride for both experienced and less experienced cyclists. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

Broken Gadgets

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

SUN 8 MAR

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, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

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

Peninsula Pedallers

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

Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information – Bike Melrose facebook page.
Kristen 0409 093 649

MON 9 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 10 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 the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.
0-38 km **1A** Michele 0438 010 220

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30 km **1A** Raelene 0419 842 007

Tuesday Traverse

9:30 AM, Kangarilla Oval, Kangarilla Rd, Kangarilla. Annual ride - Follow Fiona to farm and park cars. Adventure into and travel the beautiful tracks of Kuitpo to Prospect Hill and Meadows, have coffee. Then back to the farm for lunch provided. Best suited for competent riders with Hybrid and/or Mountain bikes. Please contact ride leader if attending.
40 km **2C** Fiona 8383 7199

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

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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 MAR

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50 km **3B** or **3C**
Max (**3C**) and Malcolm (**3B**)
0405 191 955 or 8276 9469

Peninsula Pedallers

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

THU 12 MAR

Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride mostly on quiet roads and bike paths. Coffee break mid-ride. Back by lunch time.
40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

30/30 Beach Streak

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

Border BUG

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

FRI 13 MAR

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SAT 14 MAR

Bike Melrose

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

Mannum Peddle Wheelers

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

Riverland Riders

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

Gawler Wheelers

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

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North 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

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

Northern Off Road Riders

8:50 AM, Little Para Golf Club, 62 Martins Road, Paralowie. Meet at bottom car park. Mainly off road ride along local tracks and trails in the Salisbury area. Ride route to be decided on the day along with coffee and refreshment stop. MTB or good hybrid will get the job done. Be ready to roll at 9:00 am. 30-40 km **2B** to **3B** Mark 0456 403 293

Bicycle Maintenance Course

Intermediate Bike Maintenance Session #2 (Drive Train and Bearing Systems) 9:00 AM - 1:00 PM

Saturday 14 March 2020

Bicycle SA Office

11a Croydon Rd, Keswick

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

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

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

Fee applies

Early bookings essential

(maximum 10 registrants per course)

Bicycle office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

Para Cruizers 'Cycle Salisbury'

9:00 AM, South Tce. Pooraka, adjacent toilet block at the Bridge Rd end. Ride to Walkerville then along the Torrens Linear Park to Campbelltown for coffee at Mercato's. Returning via the Dry Creek trail. Gravel and bitumen roads. MTB/ hybrid bikes preferred. 30 km **2B** Des 0408 086 545

All Women's Bike Rides

9:30 AM, Cycle On! 2/19 Albyn Tce, Strathalbyn. An all Women's Bike Ride aimed to help build confidence for ladies of all ages. Suitable for the beginner or women wanting to get back into cycling on a casual and social level. Buy coffee afterwards. 15 km **2B** Lanie 0406 452 117

Cogs & Coffee

10:00 AM, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Bici Cafe is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

Saturday Express

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Café stop for afternoon tea. 40 km **3B** Bob 0409 091 183

SUN 15 MAR

Coast to Coast

Sunday 15 March 2020

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, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

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

Peninsula Pedallers

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

Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information - Bike Melrose facebook page. Kristen 0409 093 649

MON 16 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 17 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 the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:30 AM, Artereyra Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day! 30 km **1A** Raelene 0419 842 007

Tuesday Treadlers

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

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Ride to Panorama and Glenelg then back to Troppo's for coffee. Some hills. BYO lunch. 40 km **2B** Peter 0418 844 963

Border BUG

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

Night Espresso

7:00 PM, Hurtle Square Adelaide. 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 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 mannumpedlewheelers.weebly.com 30-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from **1B** to **4B**. 30 km **1B** Gavin 0468 909 397

Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Water Wheel Museum Commercial Rd Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB /Hybrid bikes preferred. 30-40 km **2A** to **3B** Bryce 0432 732 540

Ride with Keith

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

Northside Cycling Group

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

Wednesday Wheelers

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 0401 603 596 or 8276 9469 for more details. 50 km **3B** or **3C** Max (**3C**) or Malcolm (**3B**) 0405 191 955 or 8276 9469

Peninsula Pedallers

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

THU 19 MAR

Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride mostly on quiet roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

30/30 Beach Streak

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

Border BUG

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

FRI 20 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** Gavin 0468 909 397

SAT 21 MAR

Bike Melrose

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

Mannum Peddle Wheelers

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

Riverland Riders

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

ADVERTISEMENT

Audax

Fleche Opperman All Day Trial (SA) Saturday 21 March 2020

7:30 AM
Start - Anywhere
360km in 24 hours
Unsupported

FOADT medallion available for all finishers.

Teams of 3, 4 or 5 bikes. Each team chooses its own start point and course. A minimum of 360km must be ridden in 24 hours from 7:30 am Saturday morning. All rides finish at the same point.

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

ADVERTISEMENT

Audax

Petit Fleche Opperman All Day Trial (SA) Saturday 21 March 2020

7:30 AM
Start - Anywhere
180km in 24 hours
Unsupported
180km in 24 hours (max. 14 hours ride time).

Teams of 3, 4 or 5 bikes. Each team chooses its own start point and course. A minimum of 180km must be ridden in 24 hours from 7:30 am Saturday morning. All rides finish at the same point.

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

Gawler Wheelers

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

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North 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

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

Dry Creek Trailers 'Cycle Salisbury'

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

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Ride through Mawson Lakes and along The City/Levels bikeway to Delightful Café at Lightview for coffee and return by same route. Suit any type of bike. 30 km **2-3A** Elaine 0422 393 997

All Women's Bike Rides

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

Cogs & Coffee

10:00 AM, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Bici Café is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

Saturday Express

1:00 PM, Conygham St, Glenside (near Dog Park). Café stop for afternoon tea. 40 km **3B** Patsy 0439 332 533

Saturday Sojourn

1:00 PM, Velo Precinct, Grandstand, Fullarton Rd, Victoria Park. Ride through a mix of suburbs and parklands adjacent to the city, possibly including sections of the Torrens Linear Park. An easy paced, sociable ride for both experienced and less experienced cyclists. BYO or buy refreshments. 25 km **2A** Helen 0428 511 724

Broken Gadgets

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

SUN 22 MAR

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, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

9:00 AM, Gawler. Railway station car park north end. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills. 50 km **2C** Joe 0429 694 022

Peninsula Pedallers

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

Semaphore Sojourn 'Cycle Salisbury'

9:00 AM, North Adelaide railway station, War Memorial Drive, North Adelaide, on western side near tennis/ basketball courts. Easy paced ride along Outer Harbour Greenway, bike paths and some roads to Semaphore for coffee/ refreshments before returning via same route. Suitable for all types of bikes 15-20 km **2A-4A** Nigel 0431 838 735

Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information - Bike Melrose facebook page. Kristen 0409 093 649

MON 23 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 24 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 the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:30 AM, Artereya Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day! 30 km **1A** Raelene 0419 842 007

Tuesday Treadlers

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

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Beach ride to Hallett Cove for great views. BYO lunch. 40 km **2B** Jane 0402 102 608

Bicycle Maintenance Course

Basic Bike Care

5:30 PM-8:30 PM
Tuesday 24 March 2020
Bicycle SA Office

11a Croydon Rd, Keswick

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

Fee applies

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

Border BUG

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

Night Espresso

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

WED 25 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/mannumpeddlers
or mannumpeddlewheelers.weebly.com
30-80 km **4B** Terry or Wally
0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Gavin 0468 909 397

Ride with Keith

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

Northside Cycling Group

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

Wednesday Wheelers

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 0401 603 596 or 8276 9469 for more details.
50 km **3B** or **3C**
Max (**3C**) or Malcolm (**3B**)
0405 191 955 or 8276 9469

Peninsula Pedallers

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

THU 26 MAR

Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride mostly on quiet roads and bike paths. Coffee break mid-ride. Back by lunch time.
40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

30/30 Beach Streak

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

Border BUG

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

FRI 27 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** Gavin 0468 909 397

SAT 28 MAR

Bike Melrose

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

Mannum Peddle Wheelers

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

Riverland Riders

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

Gawler Wheelers

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

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North 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

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

Northern Off Road Riders

8:50 AM, Little Para Golf Club, 62 Martins Road, Paralowie. Meet at bottom car park. Mainly off road ride along local tracks and trails in the Salisbury area. Ride route to be decided on the day along with coffee and refreshment stop. MTB or good hybrid will get the job done. Be ready to roll at 9:00 am.
30-40 km **2B** to **3B** Mark 0456 403 293

Para Cruizers 'Cycle Salisbury'

9:00 AM, North Adelaide Railway Station, War Memorial Drive - Park Tce. side. Ride along the Linear park trail to Henley square for coffee - on to Port Adelaide and return via Outer Harbour Greenway. Any bike suitable.
40 km **2A-3A** Brian 0408 818 993

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

Cogs & Coffee

10:00 AM, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Bici Cafe is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608
Richard 0419 033 140
50 km **4B** Jane 0402 102 608

Saturday Express

1:00 PM, Brighton Railway Station, Brighton. Café stop for afternoon tea.
40 km **3B** Jeff 0407 191 958

Saturday Sojourn

1:00 PM, Glenelg Jetty, Moseley Square, Glenelg. Contact Ride Coordinator for details.
25 km **2A** Chris 0414 802 919

SUN 29 MAR

Grand/Mini Slam

Recreational Bike Series of 5 rides Sunday 29 March 2020

8:00 AM Willunga Recreational Park Main Rd, Willunga

The second event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2020. Choose between 50 km or 100 km, with the opportunity to ride at your own pace. Morning and afternoon refreshments, freshly cut salad rolls, fruit slice and fruit for lunch.

On road support

Enter online or further details and/or entry forms available from:
Bicycle SA office 8168 9999
www.bikesa.asn.au
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, Andrew or Doug
0407 182 376, 0419 817 749 or 0419 813 479

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

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

Peninsula Pedallers

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

Salisbury Explorers 'Cycle Salisbury'

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

Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information - Bike Melrose facebook page.
Kristen 0409 093 649

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

Peninsula Pedallers

Fisheries/beach day ride. Mountain bikes please.
Clayton 0447 821 175

MON 30 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 31 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 the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.
0-38 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day!
30 km **1A** Raelene 0419 842 007

Tuesday Treadlers

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

Tuesday Traverse

10:00 AM, Willunga Rose Gardens, Aldinga Rd Willunga. Weather permitting. Ride up Willunga Hill (no race) then along Range Road and down Wickham Hill to McLaren Flat for lunch. Back to Willunga for coffee. BYO lunch.
40 km **2C** Ann 0438 558 941

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 1 APR

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.
www.facebook.com/groups/mannumpedlewheelers or mannumpedlewheelers.weebly.com
30-80 km **4B** Terry or Wally
0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Gavin 0468 909 397

Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Water Wheel Museum Commercial Rd Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB /Hybrid bikes preferred.
30-40 km **2A** to **3B** Elaine 0422 393 997

Ride with Keith

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

Northside Cycling Group

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

Wednesday Wheelers

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 0401 603 596 or 8276 9469 for more details.
50 km **3B** or **3C** Max (**3C**) or Malcolm (**3B**)
0405 191 955 or 8276 9469

Peninsula Pedallers

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

THU 2 APR

Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride mostly on quiet roads and bike paths. Coffee break mid-ride. Back by lunch time.
40-50 km **3B-4B**
Tony 8388 4730 or 0407 884 730

30/30 Beach Streak

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

Border BUG

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

FRI 3 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** Gavin 0468 909 397

SAT 4 APR

Bike Melrose

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

ADVERTISEMENT

Audax

Corkscrew Climber
Saturday 4 April 2020
7:00 AM

Start - 260 Rundle St, Adelaide
240km

Unsupported

Starting in Adelaide, head up the Gorge Rd and climb the Corkscrew then several other climbs in a fairly tough 200km ride.

Entry fee applies

Glen Thompson 0429 168 232
gthomps5@adam.com.au

Mannum Peddle Wheelers

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

Riverland Riders

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

Gawler Wheelers

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

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North 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

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

Dry Creek Trailers 'Cycle Salisbury'

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

Para District Pedallers 'Cycle Salisbury'

9:00 AM, North east corner of Watershed car park, Salisbury Highway, Greenfields. Easy ride along the unsealed path through the Barker Inlet wetlands and paths. Coffee afterwards. Mountain/hybrid bikes preferred.
25 km MTB **1-3A** Jim 0401 984 767

Unley BUG

9:00 AM, Unley Civic Centre, 181 Unley Rd, Unley. (meet in car park off Oxford St). Cycling in Historic Unley. A leisurely ride for those interested in the historic areas in the City of Unley. Suitable for all ages; families encouraged. Rides are planned for the first Saturday of the month. For those interested we will have coffee at La Scala Cafe, at the conclusion of the ride, around 10:30 am. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check (David - david.sutton@live.com.au) Further details see unleybug1.wixsite.com/ubug
1A David 0411 268 582

All Women's Bike Rides

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

Cogs & Coffee

10:00 AM, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Bici Cafe is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608
Richard 0419 033 140
50 km **4B** Jane 0402 102 608

Saturday Express

1:00 PM, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. Ride along the Amy Gillett Bikeway. Café stop for afternoon tea.
40 km **3B** Hal 0427 084 097

Saturday Sojourn

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

Broken Gadgets

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

SUN 5 APR

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, Andrew or Doug
0407 182 376, 0419 817 749 or 0419 813 479

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

9:00 AM, Blackwood. Railway station car park west side. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills.
50 km **2C** Judith 8298 3131

Peninsula Pedallers

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

Kangaroo Island BUG

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

Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information - Bike Melrose facebook page.
Kristen 0409 093 649

MON 6 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 7 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 the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.
0-38 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day!
30 km **1A** Raelene 0419 842 007

Tuesday Treadlers

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

Tuesday Traverse

10:00 AM, Old Reynella Shopping Centre car park, Old Reynella. Plan to ride sections of Sea to Vines Rail Trail, Golden Wattle Way and parts of the Christies 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

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 8 APR

Mannum Peddle Wheelers

7:30 AM, Middle-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 **4B** Terry or Wally
0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Gavin 0468 909 397

Ride with Keith

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

Northside Cycling Group

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

Wednesday Wheelers

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 0401 603 596 or 8276 9469 for more details.
50 km **3B** or **3C**
Max **(3C)** or Malcolm **(3B)**
0405 191 955 or 8276 9469

Peninsula Pedallers

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

THU 9 APR

Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride mostly on quiet roads and bike paths. Coffee break mid-ride. Back by lunch time.
40-50 km **3B-4B**
Tony 8388 4730 or 0407 884 730

30/30 Beach Streak

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

FRI 10 APR

Burra Easter Cycle

10-13 April 2020
Burra, responsible for much of SA's early financial success due to its copper resources, is the location for the 2020 Easter Cycle.

The campsite will be located at the Moonta Football Club/Oval, within walking distance from the historic township.

There will be a variety of rides from a few kilometres to 100kms, including sections of the Mawson Trail.

A Heritage Passport available from the Tourist Office provides a key to at least 8 locked historic sites within the township and well worth exploring.

Whatever you choose to do, Burra will be the ideal location to spend this year's Easter weekend.

Entry fee applies
Special rates for family groups.
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

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.
50 km **3B** Gavin 0468 909 397

SAT 11 APR

Riverland Riders

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

Bike Melrose

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

Mannum Peddle Wheelers

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

Gawler Wheelers

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

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North 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**

Mishmarsh Cycling

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

Peninsula Pedallers

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

Northern Off Road Riders

8:50 AM, Little Para Golf Club, 62 Martins Road, Paralowie. Meet at bottom car park. Mainly off road ride along local tracks and trails in the Salisbury area. Ride route to be decided on the day along with coffee and refreshment stop. MTB or good hybrid will get the job done. Be ready to roll at 9:00 am.
30-40 km **2B** to **3B** Mark 0456 403 293

All Women's Bike Rides

9:30 AM, Cycle On' 2/19 Albyn Tce, Strathalbyn. An all Women's Bike Ride aimed to help build confidence for ladies of all ages. Suitable for the beginner or women wanting to get back into cycling on a casual and social level. Buy coffee afterwards.
15 km **2B** Lanie 0406 452 117

Cogs & Coffee

10:00 AM, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Bici Cafe is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140
50 km **4B** Jane 0402 102 608

Saturday Express

1:00 PM, Drage Reserve, Briar Rd, Felixstow. An Easter ride to find Eggs! Café stop for afternoon tea.
40 km **3B** Daryl 0411 474 096

SUN 12 APR

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, Andrew or Doug
0407 182 376, 0419 817 749 or 0419 813 479

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Gavin 0468 909 397

Border BUG

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

Peninsula Pedallers

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

Bike Melrose

4:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information - Bike Melrose facebook page.
Kristen 0409 093 649

MON 13 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 14 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 the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.
0-38 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day!
30 km **1A** Raelene 0419 842 007

Tuesday Treadlers

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

Tuesday Traverse

10:00 AM, BakerST Bakery Café, Williamstown. Ride to Mt. Crawford forest for BYO lunch via the South Para Reservoir Trails and return for coffee. Some gravel. Hybrid and Mountain bikes recommended. No road bikes.
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 15 APR

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book. www.facebook.com/groups/mannumpedlewheelers or mannumpedlewheelers.weebly.com 30-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B. 30 km **1B** Gavin 0468 909 397

Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Water Wheel Museum Commercial Rd Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB /Hybrid bikes preferred. 30-40 km **2A** to **3B** Elaine 0422 393 997

Ride with Keith

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

Northside Cycling Group

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

Wednesday Wheelers

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 0401 603 599 or 8276 9469 for more details. 50 km **3B** or **3C** Max (**3C**) or Malcolm (**3B**) 0405 191 955 or 8276 9469

Peninsula Pedallers

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

THU 16 APR

Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride mostly on quiet roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

30/30 Beach Streak

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

FRI 17 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** Gavin 0468 909 397

SAT 18 APR

ADVERTISEMENT

Audax

Roads Less Travelled

Saturday 18 April 2020

7:00 AM

Start - Bici Café, Hutt St, Adelaide 100km/150km/202km Unsupported

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

Entry fee applies

Natasha Bysterveld 0404 246 600 tashstylen@gmail.com

Riverland Riders

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

Bike Melrose

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

Mannum Peddle Wheelers

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

Gawler Wheelers

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

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North 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

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

Dry Creek Trailers 'Cycle Salisbury'

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

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Hausler Reserve, Kings Rd, Paralowie (next to Little Para River Trail). All bitumen ride along new Northern Connector bikeway, destination TBA dependent upon completion of paths. Coffee afterwards. Suit any type of bike. 40 km **2-3A** Elaine 0422 393 997

All Women's Bike Rides

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

Cogs & Coffee

10:00 AM, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Bici Café is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

Saturday Express

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

Saturday Sojourn

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Follow the Outer Harbour Greenway for a way, then south through the western suburbs to return along the River Torrens linear park. An easy paced, sociable ride for both experienced and less experienced cyclists. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

Broken Gadgets

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

SUN 19 APR

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, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

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

Peninsula Pedallers

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

Semaphore Sojourn 'Cycle Salisbury'

9:00 AM, North Adelaide railway station, War Memorial Drive, North Adelaide, on western side near tennis/ basketball courts. Easy paced ride along Outer Harbour Greenway, bike paths and some roads to Semaphore for coffee/ refreshments before returning via same route. Suitable for all types of bikes 15-20 km **2A-4A** Nigel 0431 838 735

Bike Melrose

4:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information - Bike Melrose facebook page. Kristen 0409 093 649

Peninsula Pedallers

Mikkira Station ride. Mountain bikes please. Peter 0413 291 178

MON 20 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 21 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 the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day!
30 km **1A** Raelene 0419 842 007

Tuesday Treadlers

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

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Ride through six eastern suburbs. Coffee at Hutt Street. BYO lunch.
40 km **2B** Jo 0432 429 922

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 22 APR

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.
www.facebook.com/groups/mannumpeddlers or mannumpeddlers.weebly.com
30-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Gavin 0468 909 397

Ride with Keith

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

Northside Cycling Group

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

Wednesday Wheelers

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 0401 603 596 or 8276 9469 for more details.
50 km **3B** or **3C**
Max (**3C**) or Malcolm (**3B**) 0405 191 955 or 8276 9469

Peninsula Pedallers

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

THU 23 APR

Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride mostly on quiet roads and bike paths. Coffee break mid-ride. Back by lunch time.
40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

30/30 Beach Streak

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

FRI 24 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** Gavin 0468 909 397

SAT 25 APR

Riverland Riders

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

Bike Melrose

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

Gawler Wheelers

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

Mannum Peddle Wheelers

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

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North 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

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

Northern Off Road Riders

8:50 AM, Mawson Lakes. Meet at the train station car park under Elder Smith Road. Mainly off road ride to Athelstone, and return, along Dry Creek and Torrens Linear tracks. Coffee stop along the way or on return. MTB or good hybrid will get the job done. Be ready to roll at 9:00 am.
50 km **2B** to **3B** Mark 0456 403 293

Para Cruisers 'Cycle Salisbury'

9:00 AM, Hausler Reserve Kings Rd, Paralowie (adjacent Little Para Trail). Ride to Springbank Lakes, then Kaurna Park on to Edinburgh bike paths and return via Little Para river trails - coffee at CoffTea - mountain bike/hybrid.
30 km **2A-3A** Brian 0408 818 993

All Women's Bike Rides

9:30 AM, Cycle On' 2/19 Albyn Tce, Strathalbyn. An all Women's Bike Ride aimed to help build confidence for ladies of all ages. Suitable for the beginner or women wanting to get back into cycling on a casual and social level. Buy coffee afterwards.
15 km **2B** Lanie 0406 452 117

Cogs & Coffee

10:00 AM, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Bici Cafe is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140
50 km **4B** Jane 0402 102 608

Saturday Express

1:00 PM, SA Film Corporation, Fullarton Rd, Glenside. Anzac Day - A visit to the Memorial at Alexander Ave, Rose Park. Café stop for afternoon tea.
40 km **3B** Hal 0427 084 097

Saturday Sojourn

1:00 PM, Heywood Park, Addiscombe Place, Unley Park Ride through Adelaide's parklands and nearby suburbs in a loop around the city. An easy paced, sociable ride for both experienced and less experienced cyclists. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

SUN 26 APR

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, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

9:00 AM, Mawson Lakes. Railway station car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills.
50 km **2C** Neil 0429 201 144

Peninsula Pedallers

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

Salisbury Explorers 'Cycle Salisbury'

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

Bike Melrose

4:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information - Bike Melrose facebook page.
Kristen 0409 093 649

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

ADVERTISEMENT

MTB Orienteering

Sunday 26 April 2020
Cobblers Creek
Further details:
sa.orienteeing.asn.au

MON 27 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 28 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 the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.
0-38 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day!
30 km **1A** Raelene 0419 842 007

Tuesday Treadlers

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

Tuesday Traverse

10:15 AM, Gawler Central Railway Station (Last Station). THREE (3) DAY ADVENTURE RIDE TO THE BAROSSA Weather Permitting
Day 1 – Ride from Gawler to Kapunda via Roseworthy and Freeling stay overnight at Kapunda Tourist Park.
Day 2 – Ride Kapunda to Nuriootpa then visit Angaston and Maggie Beer's Farm Shop for afternoon tea. Stay overnight at Nuriootpa Big4 Tourist Park.
Day 3 – Ride Nuriootpa to Gawler Central Railway Station via Tanunda and Lyndoch (Jack Bobridge Bikeway).
We will have dirt/gravel roads and some bitumen and there will be hills each day on the ride. Suggest MTB or Hybrid bikes only.
WE WILL HAVE SOME VEHICLE SUPPORT – Panniers/Backpacks required, bring light gear for clothing change after rides. BYO food and snacks... Last train to catch from Adelaide RS is 9:08 am arrives Gawler Central RS 10:03 am. Will leave for ride at 10:15 am. Make sure bikes are well prepared, good tyres etc. take spare tubes and tools. Contact ride leader if interested in ride. SORRY RIDE FULL.
40 km **2B** Rick 0417 816 372

Night Espresso

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

WED 29 APR

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.
www.facebook.com/groups/mannumpedlewheelers or mannumpedlewheelers.weebly.com
30-80 km **4B** Terry or Wally
0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Gavin 0468 909 397

Ride with Keith

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

Northside Cycling Group

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

Wednesday Wheelers

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 0401 603 596 or 8276 9469 for more details.
50 km **3B** or **3C** Max (**3C**) or Malcolm (**3B**)
0405 191 955 or 8276 9469

Peninsula Pedallers

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

THU 30 APR

Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride mostly on quiet roads and bike paths. Coffee break mid-ride. Back by lunch time.
40-50 km **3B-4B** Tony
8388 4730 or 0407 884 730

30/30 Beach Streak

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

FRI 1 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** Gavin 0468 909 397

SAT 2 MAY

ADVERTISEMENT

Audax

Lofty Loops - Day 1
Saturday 2 May 2020
6.00 AM
Start - Mt Lofty
150km/200km/300km/400km/600km
/1000km
Unsupported

A series of rides up to 1000km, comprising loops out of Mt Lofty. Support and limited accommodation options available at the base location at additional cost.
Entry fee applies
David Fairweather 0401 528 563
div.fw@bigpond.com

Riverland Riders

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

Bike Melrose

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

Gawler Wheelers

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

Mannum Peddle Wheelers

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

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North 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** Jim 0448 412 992

Dry Creek Trailers 'Cycle Salisbury'

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

Para District Pedallers 'Cycle Salisbury'

9:00 AM, North east corner of Watershed car park, Salisbury Highway, Greenfields. Easy ride along the paths and trails of Dry Creek up to Valley View. Coffee en route. Mountain/hybrid bikes please.
25 km MTB **1-3A** Jim 0401 984 767

Unley BUG

9:00 AM, Unley Civic Centre, 181 Unley Rd, Unley. (meet in car park off Oxford St). Cycling in Historic Unley. A leisurely ride for those interested in the historic areas in the City of Unley. Suitable for all ages; families encouraged. Rides are planned for the first Saturday of the month. For those interested we will have coffee at La Scala Cafe, at the conclusion of the ride, around 10:30 am. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check
(David - david.sutton@live.com.au) Further details see unleybug1.wixsite.com/ubug
1A David 0411 268 582

All Women's Bike Rides

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

Cogs & Coffee

10:00 AM, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Bici Cafe is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140
50 km **4B** Jane 0402 102 608

Saturday Express

1:00 PM, Velo Café, (Victoria Park) 140 Fullarton Rd, Rose Park. Café stop for afternoon tea.
40 km **3B** Rosalind 0448 741 556

Saturday Sojourn

1:00 PM, Victoria Square, adj Wakefield St, Adelaide. Explore the city and parklands nearby suburbs. An easy paced, sociable ride for both experienced and less experienced cyclists. BYO or buy refreshments.
25 km **2A** Helen 0428 511 724

Dirty Weekend

2-3 May 2020

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

Broken Gadgets

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

SUN 3 MAY

ADVERTISEMENT

Audax

Lofty Loops - Day 2
Sunday 3 May 2020
7.00 AM
Start - Mt Lofty
150km/200km/300km
Unsupported

A series of rides up to 1000km, comprising loops out of Mt Lofty. Support and limited accommodation options available at the base location at additional cost.
Entry fee applies
David Fairweather 0401 528 563
div.fw@bigpond.com

Poseurs d'Adelaide

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, 4C to 5B, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end.
60-80 km **5B** Peter, Andrew or Doug
0407 182 376, 0419 817 749 or 0419 813 479

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

9:00 AM, Strathalbyn. Main street adjacent railway station. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills. 50 km **2C** Rob 0428 990 059

Peninsula Pedallers

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

Kangaroo Island BUG

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

Bike Melrose

4:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information – Bike Melrose facebook page. Kristen 0409 093 649

MON 4 MAY

ADVERTISEMENT

Audax

**Lofty Loops – Day 3
Monday 4 May 2020
6.00 AM**

**Start – Mt Lofty
150km/200km/300km/400km
Unsupported**

A series of rides up to 1000km, comprising loops out of Mt Lofty. Support and limited accommodation options available at the base location at additional cost.

Entry fee applies

**David Fairweather 0401 528 563
div.fw@bigpond.com**

Northside Cycling Group

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

TUE 5 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 the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day! 30 km **1A** Raelene 0419 842 007

Tuesday Treadlers

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

Tuesday Traverse

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

Night Espresso

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

Night Espresso

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

WED 6 MAY

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book. www.facebook.com/groups/mannumpedlwheelers or mannumpeddlewheelers.weebly.com 30-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B. 30 km **1B** Gavin 0468 909 397

Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Water Wheel Museum Commercial Rd Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB /Hybrid bikes preferred. 30-40 km **2A** to **3B** Elaine 0422 393 997

Ride with Keith

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

Northside Cycling Group

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

Wednesday Wheelers

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 0401 603 596 or 8276 9469 for more details. 50 km **3B** or **3C** Max **(3C)** or Malcolm **(3B)** 0405 191 955 or 8276 9469

Peninsula Pedallers

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

THU 7 MAY

Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride mostly on quiet roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

30/30 Beach Streak

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

FRI 8 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** Gavin 0468 909 397

SAT 9 MAY

Riverland Riders

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

Bike Melrose

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

Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7.30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit www.facebook.com/groups/210163156066987 www.adelaidecyclists.com For cycling routes in Gawler and surrounds, visit gwaler.org.au/portfolio-item/gawler-surrounds-cycling-guide 50-100 km Paul 0431 866 586

Mannum Peddle Wheelers

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

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North 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**

Mishmarsh Cycling

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

Peninsula Pedallers

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

Northern Off Road Riders

8:50 AM, Little Para Golf Club, 62 Martins Road, Paralowie. Meet at bottom car park. Mainly off road ride along local tracks and trails in the Salisbury area. Ride route to be decided on the day along with coffee and refreshment stop. MTB or good hybrid will get the job done. Be ready to roll at 9:00 am. 30-40 km **2B** to **3B** Mark 0456 403 293

Para Cruizers 'Cycle Salisbury'

9:00 AM, Salisbury Water Wheel Museum Commercial Rd Salisbury (opposite Parabanks). Ride to Smithfield via the Smith Creek loop and return. Coffee en route. MTB/Hybrid preferred. 30 km **2B** Des 0408 086 545

All Women's Bike Riders

9:30 AM, Cycle On' 2/19 Albyn Tce, Strathalbyn. An all Women's Bike Ride aimed to help build confidence for ladies of all ages. Suitable for the beginner or women wanting to get back into cycling on a casual and social level. Buy coffee afterwards. 15 km **2B** Lanie 0406 452 117

Cogs & Coffee

10:00 AM, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Bici Cafe is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

Saturday Express

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

Saturday Sojourn

1:00 PM, Glenelg Jetty, Moseley Square, Glenelg. Ride by the western edge of the airport to the Torrens Linear Park, towards the city and south through the inner western suburbs, returning via the Westside Bikeway. An easy paced, sociable ride for both experienced and less experienced cyclists. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

SUN 10 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, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

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

Peninsula Pedallers

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

Bike Melrose

4:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information – Bike Melrose facebook page. Kristen 0409 093 649

MON 11 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 12 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 the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.
0-38 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day!
30 km **1A** Raelene 0419 842 007

Tuesday Treadlers

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

Tuesday Traverse

10:00 AM, Brighton Railway Station (Sea side). Ride to Flinders and Tonsley. BYO lunch.
40 km **2B** Jeff 0407 191 958

Night Espresso

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

WED 13 MAY

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.
www.facebook.com/groups/mannumpeddlers or mannumpeddlers.weebly.com
30 -80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Gavin 0468 909 397

Ride with Keith

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

Northside Cycling Group

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

Wednesday Wheelers

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 0401 603 596 or 8276 9469 for more details.
50 km **3B** or **3C**
Max **(3C)** or Malcolm **(3B)**
0405 191 955 or 8276 9469

Peninsula Pedallers

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

THU 14 MAY

Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride mostly on quiet roads and bike paths. Coffee break mid-ride. Back by lunch time.
40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

30/30 Beach Streak

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

Northern Off Road Riders

6:30 PM, McDonalds car park, 585-595 Salisbury highway, Greenfields. 1 to 2 hour Night Ride. See the local trails in a different light. A cool and peaceful ride around the local trails of Salisbury. Coffee on return. Good lights on helmet and/or bike are a must. Mountain bikes please.
20-30 km **2B** to **3B** Mark 0456 403 293

FRI 15 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** Gavin 0468 909 397

SAT 16 MAY

ADVERTISEMENT

Audax

Breakneck Run
Saturday 16 May 2020
6.00 AM
Start - Willaston
211km
Unsupported

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 Angus Valley Rd making 200vm before heading back to Gawler.
Entry fee applies
Alan Hornsby 0412 697 945
alan_lbj@live.com

Riverland Riders

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

Bike Melrose

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

Gawler Wheelers

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

Mannum Peddle Wheelers

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

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North 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

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

Dry Creek Trailers 'Cycle Salisbury'

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

Para District Pedallers 'Cycle Salisbury'

9:00 AM, Hausler Reserve, Kings Rd, Paralowie (next to Little Para River Trail). All bitumen ride along new Northern Connector bikeway, destination TBA dependent upon completion of paths. Coffee afterwards. Suit any type of bike.
40 km **2-3A** Elaine 0422 393 997

All Women's Bike Rides

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

Cogs & Coffee

10:00 AM, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9:30 am for a pre-ride coffee). The Bici Cafe is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140
50 km **4B** Jane 0402 102 608

Saturday Express

1:00 PM, Conygham St, Glenside (near Dog Park). Café stop for afternoon tea.
40 km **3B** Patsy 0439 332 533

Saturday Sojourn

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

Broken Gadgets

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

SUN 17 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, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

9:00 AM, Houghton. Oval car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills.
50 km **2C** Steve 0401 603 596

Peninsula Pedallers

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

Semaphore Sojourn 'Cycle Salisbury'

9:00 AM, North Adelaide railway station, War Memorial Drive, North Adelaide, on western side near tennis/ basketball courts. Easy paced ride along Outer Harbour Greenway, bike paths and some roads to Semaphore for coffee/ refreshments before returning via same route. Suitable for all types of bikes
15-20 km **2A-4A** Nigel 0431 838 735

Bike Melrose

4:00 PM, Paradise Square, Melrose.
A mountain bike ride. Further information –
Bike Melrose facebook page.
Kristen 0409 093 649

ADVERTISEMENT

MTB Orienteering

Sunday 17 May 2020

Craigburn

Further details:

sa.orienteeing.asn.au

MON 18 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 19 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 the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:30 AM, Artereyra Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day! 30 km **1A** Raelene 0419 842 007

Tuesday Treadlers

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

Tuesday Traverse

10:15 AM, Port Elliott YHA, The Strand, Port Elliott. Ride to Goolwa and areas around the South Coast. Could be some dirt. BYO lunch. 40 km **2B** Robyn 0401 364 019

Night Espresso

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

WED 20 MAY

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.
www.facebook.com/groups/mannumpedawheelers or mannumpedawheelers.weebly.com
30-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B. 30 km **1B** Gavin 0468 909 397

Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Water Wheel Museum Commercial Rd Salisbury (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB /Hybrid bikes preferred. 30-40 km **2A** to **3B** Elaine 0422 393 997

Ride with Keith

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

Northside Cycling Group

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

Wednesday Wheelers

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 0401 603 596 or 8276 9469 for more details. 50 km **3B** or **3C** Max (**3C**) or Malcolm (**3B**) 0405 191 955 or 8276 9469

Peninsula Pedallers

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

THU 21 MAY

Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride mostly on quiet roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B-4B** Tony 8388 4730 or 0407 884 730

30/30 Beach Streak

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

FRI 22 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** Gavin 0468 909 397

SAT 23 MAY

Riverland Riders

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

Bike Melrose

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

Gawler Wheelers

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

Mannum Peddle Wheelers

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

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North 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

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

Northern Off Road Riders

8:50 AM, Little Para Golf Club, 62 Martins Road, Paralowie. Meet at bottom car park. Mainly off road Cobbler Creek loop. Using the Little Para and Dry Creek trails. Exact route will be decided on the day. Coffee stop along the way. MTB the best tool for the job. Be ready to roll at 9.00 am. 50 km **2B** to **3B** Mark 0456 403 293

Bicycle Maintenance Course

Intermediate Bike Maintenance Session #1 (Gears and Brakes)

9:00 AM - 1:00 PM

Saturday 23 May 2020

Bicycle SA Office

11a Croydon Rd, Keswick

The next step after Basic Bike Care, this course will provide you with the skills and knowledge needed to confidently carry out the basic scheduled maintenance tasks that are essential for a well maintained bike. The class sizes are limited to 10 participants to maximise learning and the course structured to include content relevant to both road and mountain bike enthusiasts, as well as everyday riders.

Please book into Session 1 and 2 of the course on the dates suitable for you.

Fee applies

Early bookings essential (maximum 10 registrants per course)

Bicycle office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

Para Cruizers 'Cycle Salisbury'

9:00 AM, Salisbury Water Wheel Museum Commercial Rd Salisbury (opposite Parabanks). Urban loop via Valley View shops to Modbury then Golden Grove, returning to Salisbury. Long climb with steep downhill descent. Coffee en route. MTB/hybrid bikes preferred. 40 km **2B-3B** Brian 0408 818 993

All Women's Bike Rides

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

15 km **2B** Lanie 0406 452 117

Cogs & Coffee

10:00 AM, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Bici Cafe is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

Saturday Express

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Café stop for afternoon tea. 40 km **3B** Bob 0409 091 183

SUN 24 MAY

Grand/Mini Slam

Sunday 24 May 2020

Recreational Series of 5 rides

8:00 AM Meadows Memorial Hall, Meadows

The third event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2020. Choose between 60 km or 120 km, with the opportunity to ride at your own pace. Morning and afternoon refreshments, freshly cut salad rolls, fruit slice and fruit for lunch.

On road support

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

Bicycle SA office 8168 9999

www.bikesa.asn.au

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, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

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

Peninsula Pedallers

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



Bike Melrose

4:00 PM, Paradise Square, Melrose.
A mountain bike ride. Further information –
Bike Melrose facebook page.
Kristen 0409 093 649

MON 25 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 26 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 the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

Peninsula Pedallers

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day! 30 km **1A** Raelene 0419 842 007

Tuesday Treadlers

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

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Mystery ride. Coffee at Adelaide Oval. BYO lunch. 40 km **2B** Graham & Judy 0448 833 947
0401 000 641

Bicycle Maintenance Course

Basic Bike Care

5:30 PM – 8:30 PM
Tuesday 26 May 2020
Bicycle SA Office
11a Croydon Rd, Keswick

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

Fee applies

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

Night Espresso

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

WED 27 MAY

Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.
www.facebook.com/groups/mannumpeddlwheelers or mannumpeddlewheelers.weebly.com
30-80 km **4B** Terry or Wally
0427 319 004 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30 km easy for coffee at Middleton/Port Elliot or 45-70 km to Victor Harbor area. Options from 1B to 4B.
30 km **1B** Gavin 0468 909 397

Ride with Keith

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

Northside Cycling Group

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

Wednesday Wheelers

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max 0405 191 955 or Malcolm 0401 603 596 or 8276 9469 for more details.
50 km **3B** or **3C**
Max **(3C)** or Malcolm **(3B)**
0405 191 955 or 8276 9469

Peninsula Pedallers

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

THU 28 MAY

Keep On Riding

9:30 AM, Balhannah Oval, Onkaparinga Valley Rd Balhannah. Leisurely social ride mostly on quiet roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B-4B**
Tony 8388 4730 or 0407 884 730

30/30 Beach Streak

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

FRI 29 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** Gavin 0468 909 397

SAT 30 MAY

Riverland Riders

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

ADVERTISEMENT

Audax

Up in the Boondocks
Saturday 30 May 2020

7:30 AM
Start – Elizabeth
50km/58km/100km/105km/157km
210km
Unsupported

Get out there. Get away from it all. Get a bit of dirt in your tread. Most of the rides in this series could be done with a hybrid/cyclo-cross bike on 35s. But front shockers would be easier on the body, and the bike, and safer for the rabbit and the 'roo. All distance options include unsealed surfaces.

Entry fee applies

John Mills 0448 248 974
jhmills4@bigpond.com

Bike Melrose

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

Gawler Wheelers

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

Mannum Peddle Wheelers

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

Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North 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

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

Northern Off Road Riders

8:50 AM, St Kilda Tackle & Tucker, Cockle Street, St Kilda. Meet in car park. Off road ride around the tracks and trails in the St Kilda area. Coffee and refreshments on return. MTB or good Hybrid will get the job done. Be ready to roll at 9:00 am.
30-40 km **2B** to **3B** Mark 0456 403 293

Cogs & Coffee

10:00 AM, Bici Café, 259 Hutt St, Adelaide. A morning ride with the obligatory coffee stop. (Some riders meet at 9.30 am for a pre-ride coffee). The Bici Cafe is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608
Richard 0419 033 140
50 km **4B** Jane 0402 102 608

Saturday Express

1:00 PM, Adam St, Hindmarsh (by Brewery). Café stop for afternoon tea. 40 km **3B** Hal 0427 084 097

Saturday Sojourn

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. Off to Glenelg following the railway line out and the tramline back. An easy paced, sociable ride for both experienced and less experienced cyclists. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

SUN 31 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, Andrew or Doug 0407 182 376, 0419 817 749 or 0419 813 479

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.
30 km **2B** Gavin 0468 909 397

Border BUG

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

Hills Ride

9:00 AM, Balhannah. Oval car park north end. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills.
50 km **2C** Cath 0413 332 866

Peninsula Pedallers

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

Salisbury Explorers 'Cycle Salisbury'

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

Bike Melrose

4:00 PM, Paradise Square, Melrose. A mountain bike ride. Further information – Bike Melrose facebook page.
Kristen 0409 093 649

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

Peninsula Pedallers

Vanilla Forest ride. Mountain bikes please.
Clayton 0447 821 175