

Bicycle SA

# RidesPROGRAMME

DECEMBER 2018-FEBRUARY 2019  
ISSUE 68

- FREE RIDES
- EVERY WEEK
- FOR EVERYONE!

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

### Border BUG

Marcus 0407 978 763

### Cobwebs

cobwebsadelaide@yahoo.com.au

### Cogs & Coffee

Jane 0402 102 608

### 'Cycle Salisbury'

Elaine 0422 393 997

### GAD-BUG

### (Goolwa and District Bicycle User Group)

Gavin 0468 909 397

Peter 0418 820 921

### Gawler Wheelers

Paul 0431 866 586

### Getonyabike

Michele 0438 010 220

### Hills Ride

Rob 0428 990 059

### Kangaroo Island BUG

Manfred 8553 0383

### Mannum Peddle Wheelers

Terry 0427 319 004

[www.facebook.com/groups/mannumpedalwheelers](http://www.facebook.com/groups/mannumpedalwheelers)  
or [mannumpedalwheelers@groups.facebook.com](mailto:mannumpedalwheelers@groups.facebook.com)

### Mishmash

Michele 0438 010 220

### Night Espresso

Rob 8299 0230

### Northside Cycling Group

Gary 8255 1979

### Peninsula Pedallers

Raelene 8682 3196

### Poseurs d'Adelaide

Peter 0407 182 376

### Ride with Keith

Rebecca 8232 7277

### Riverland Riders

Ruth 0427 752 815

### Saturday Express

Patsy 8379 6477

### Saturday Sojourn

Chris 0414 802 919

### Southern Flinders Rough Riders

Richard 0417 341 462

### Tuesday Traverse

Rick 0417 816 372

### Tuesday Treadlers

Tony 8388 4730

### Wednesday Wheelers

Steve 8271 1140

## Advertisements

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

# BECOME A BICYCLE SA MEMBER

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

## 10 great reasons to join

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

## Become a Bicycle SA Member

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

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

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

## Contact us to join now.

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

# WELCOME

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

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

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

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

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

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

## BICYCLE SA

Phone + 61 8 8168 9999

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

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

53 Carrington St  
Adelaide 5000

Office open 9am-5pm  
Monday-Sunday

Emergency Phone  
0409 950 884

## SAT 1 DEC

ADVERTISEMENT

**Audax**

**Flourieu Leg Buster**

**Saturday 1 December 2018**

**7:00 AM Start – Kingswood Ave**

**(Reserve near Upper Penny Hill Rd)**

**Onkaparinga Hills**

**205 km**

**Unsupported**

The Fleurieu Leg Buster is a combination of steep climbs and fast descents. You will get to climb and descend Willunga Hill. The scenery is some of the best in SA.

**Entry fee applies**

**Luke Cutting 0414 607 478**

**[cuttingluke@yahoo.com.au](mailto:cuttingluke@yahoo.com.au)**

### Mannum Peddle Wheelers

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

### Riverland Riders

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

### Gawler Wheelers

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

### Cobwebs

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

### Mishmash Cycling

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

### Peninsula Pedallers

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

### Para District Pedallers 'Cycle Salisbury'

9:00 AM, Beefacres Hall car park, Pittwater Cres. Windsor Gardens, next to Linear Park Trail. Ride along the Linear Park Trail to the end or the trail at Athelstone and return. Some climbs. 20 km MTB Class **1-3B** Jim 0401 984 767

### All Women's Bike Rides

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

### Cogs & Coffee

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

### Saturday Express

1:00 PM, Glenelg Town Hall, (by Clock Tower), Moseley Square, Glenelg. Café stop for afternoon tea. If the temperature is forecast to be over 35o the ride will commence at 10:00 am from the Torrens Weir. Please contact the ride leader for information on the ride. 40 km **3B** Alan 0414 392 179

### Southern Flinders Rough Riders

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

## SUN 2 DEC

### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards, Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C. 30 km **2B** Gavin 0468 909 397

### Hills Ride

8:00 AM, Kersbrook. Memorial Hall, Kersbrook. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is over 38°C. 50 km **2C** Steve 0401 603 596

### Poseurs d'Adelaide

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

### Peninsula Pedallers

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

## MON 3 DEC

### Northside Cycling Group

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

## TUE 4 DEC

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike wont fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to 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

10:00 AM, Artyreya 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, Belair Railway Station National Park and Coromandel Valley ride. Some Hills. BYO lunch. 40 km **2B** Sue 0402 880 655

### Border BUG

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

### Night Espresso

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

### Night Espresso

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



## WED 5 DEC

### Mannum Peddle Wheelers

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

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

8:00 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 km to Victor Harbor. Options from 1B to 3B. Ride starts 1/2 hour earlier when BOM Victor Harbor forecast >= 32°C.  
30 km **1B** Gavin 0468 909 397

### Para Pedallers 'Cycle Salisbury'

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

### Ride with Keith

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

### Northside Cycling Group

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

### Wednesday Wheelers

10:00 AM, Gawler Railway Station. Catch the 9:08 am train from Adelaide. All bitumen ride. Pub lunch at Freeling. If hot, 35°C or more, contact ride leader.  
50 km **3C** Malcolm 8379 7339

## THU 6 DEC

### 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 7 DEC

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.  
50 km **3B** Peter 0418 820 921

## SAT 8 DEC

### Mannum Peddle Wheelers

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

### Riverland Riders

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

### Gawler Wheelers

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

### Cobwebs

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

### Mishmash Cycling

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

### Peninsula Pedallers

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

### Salisbury Off Road Riders 'Cycle Salisbury'

8:50 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury. (opposite Parabanks). Mainly off road ride along local Salisbury tracks and trails, stopping along the way for coffee/ refreshments. Mountain/hybrid bikes preferred. We leave at 9:00 am prompt.  
30 km **2B** to **3B** Mark 0456 403 293

### Dry Creek Trailers 'Cycle Salisbury'

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

### All Women's Bike Rides

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

### Cogs & Coffee

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

### Saturday Express

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Café stop for afternoon tea. If the temperature is forecast to be over 35o the ride will commence at 10:00 am from the Torrens Weir. Please contact the ride leader for information on the ride.  
40 km **3B** Bob 8356 0906

### Saturday Sojourn

1:00 PM, Velo Precinct, Victoria Park Grandstand, Fullarton Rd, Adelaide. Explore west and north of the city, swinging back to the east. An easy paced, sociable ride. BYO or buy refreshments.  
25 km **2A** Helen 0428 511 724

### Southern Flinders Rough Riders

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

## SUN 9 DEC

### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards, Ride starts 1/2 hour earlier when BOM Victor Harbor forecast >= 32°C.  
30 km **2B** Gavin 0468 909 397

### Hills Ride

8:00 AM, Woodside. Swimming pool car park, Woodside. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is over 38°C.  
50 km **2C** Neil 0429 201 144

### Poseurs d'Adelaide

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

### Peninsula Pedallers

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

## MON 10 DEC

### Northside Cycling Group

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

## TUE 11 DEC

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike wont fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to 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, Artyrea 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 Glenelg South for lunch and back to city for coffee. BYO lunch.  
40 km **2B** Bob 8356 0906

### 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 12 DEC

### Mannum Peddle Wheelers

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

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

### Ride with Keith

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

### Northside Cycling Group

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

### Wednesday Wheelers

10:00 AM, Balhannah, Johnstons Oval, Onkaparinga Valley Rd, Balhannah. All bitumen, BYO or buy lunch. If hot, 35°C or more, contact ride leader.  
50 km **3C** Tim 0407 605 583

## THU 13 DEC

### 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 14 DEC

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.  
50 km **3B** Peter 0418 820 921

## SAT 15 DEC

ADVERTISEMENT

### Audax

#### The Classic 400 Saturday 15 December 2018 7:00 AM Start - Blackwood

**411 km  
Unsupported**  
Make full use of the favourable winds. Blackwood, Delamere, Goolwa, Wellington, Mannum, Birdwood, Blackwood.  
**Matthew Rawnsley 0427 379 640  
longdistance1200@hotmail.com**

### Mannum Peddle Wheelers

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

### Riverland Riders

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

### Gawler Wheelers

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

### Cobwebs

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

### Mishmash Cycling

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

### Peninsula Pedallers

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

### Para District Pedallers 'Cycle Salisbury'

9:00 AM, Car park behind BOSA Soccer Club (Charles Cane Reserve) Devenport Tce, Prospect. Ride to Port Adelaide via Bowden and Outer Harbour Greenway and return. Coffee in Port Adelaide. Suitable for all types of bikes.  
30 km **1A-3A** Elaine 0422 393 997

### All Women's Bike Rides

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

### Cogs & Coffee

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

### Saturday Express

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. Café stop for afternoon tea. If the temperature is forecast to be over 35o the ride will commence at 10:00 am from the Torrens Weir. Please contact the ride leader for information on the ride.  
40 km **3B** Jeff 0407 191 958

### Saturday Sojourn

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. Ride to Glenelg through the south western suburbs and return via Mike Turtur Bikeway or Westside Bikeway. An easy paced, sociable ride. BYO or buy refreshments.  
25 km **2A** Chris 0414 802 919

### Southern Flinders Rough Riders

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

## SUN 16 DEC

### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards, Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.  
30 km **2B** Gavin 0468 909 397

### Poseurs d'Adelaide

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

### Hills Ride

9:00 AM, Thebarton. 28 Ballantyne St. Christmas ride. BYO drinks – food provided. Spa optional. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is over 38°C.  
50 km **2C** Rob 0428 990 059

### Peninsula Pedallers

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

### Semaphore Sojourn 'Cycle Salisbury'

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

### Kangaroo Island BUG

10:00AM, 43 Juniper Rd, Brownlow, Kangaroo Island. Kingscote and surrounds cycling Circuit. See Kingscote cycle brochure. Optional 6 km along beach to Cygnet River mouth. 27 km 65% sealed or designated bike path. BYO Christmas food and drink. Barbeque and stove/oven available. Jenni 0429 877 146  
Manfred 8553 0383

## MON 17 DEC

### Northside Cycling Group

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

## TUE 18 DEC

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike wont fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to 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, Drage Reserve, Briar Road. Felixstow. Ride to North Eastern Suburbs via Tea Tree Gully. Some hilly sections. BYO lunch.  
40 km **2C** Barry 0403 307 172

### Border BUG

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

### Night Espresso

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

## WED 19 DEC

### Mannum Peddle Wheelers

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

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

8:00 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 km to Victor Harbor. Options from 1B to 3B. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.  
30 km **1B** Gavin 0468 909 397

### Para Pedallers 'Cycle Salisbury'

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

### Ride with Keith

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

### Northside Cycling Group

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

### Wednesday Wheelers

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

## THU 20 DEC

### 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 21 DEC

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.  
50 km **3B** Peter 0418 820 921

## SAT 22 DEC

### Mannum Peddle Wheelers

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

### Riverland Riders

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

### Gawler Wheelers

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

### Cobwebs

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

### Mishmash Cycling

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

### Peninsula Pedallers

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

### Salisbury Off Road Riders 'Cycle Salisbury'

8:50 AM, Shelter Shed, Carisbrooke Park, Main North Rd, Salisbury Park. Mainly off road ride along local Salisbury tracks and trails, stopping along the way for coffee/refreshments. Mountain/hybrid bikes preferred. We leave at 9:00 am prompt.  
30 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, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.  
Jane 0402 102 608  
Richard 0419 033 140  
50 km **4B** Jane 0402 102 608

### Saturday Express

1:00 PM, Conyngham St, (Dog Park) Glenside. Christmas Party today! Leisurely ride to celebrate Christmas. If the temperature is forecast to be over 35o the ride will commence at 10:00 am from the Torrens Weir. Please contact the ride leader for information on the ride.  
40 km **3B** Patsy 0439 332 533

### Saturday Sojourn

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Ride through the west parklands and the inner southern suburbs, returning through the east parklands. An easy paced, sociable ride. BYO or buy refreshments.  
25 km **2A** Chris 0414 802 919

### Southern Flinders Rough Riders

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

## SUN 23 DEC

### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards, Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.  
30 km **2B** Gavin 0468 909 397

### Hills Ride

8:00 AM, McLaren Vale. Field Street car park behind Coles. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is over 38°C.  
50 km **2C** Bruce 0417 895 249

### Poseurs d'Adelaide

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

### Peninsula Pedallers

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

## MON 24 DEC

### Northside Cycling Group

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

## TUE 25 DEC

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to 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

### 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 26 DEC

### Mannum Peddle Wheelers

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

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

8:00 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 km to Victor Harbor. Options from 1B to 3B. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.  
30 km **1B** Gavin 0468 909 397

### Ride with Keith

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

### Northside Cycling Group

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

### Saturday Express

10:00 AM, Crafers Hotel, Crafers. Boxing Day Holiday Ride. Ride off road tracks between Crafers and Mylor. Lunch at Mylor. All levels of riding, smooth tracks and single tracks. Suitable for MTB riders. If the forecast temperature will be over 35o the ride will be altered. Please contact the ride leader for information.  
Patsy 0439 332 533

### Wednesday Wheelers

10:00 AM, Mosely Square, Glenelg. Short ride to recover from Christmas  
30 km **3C** Steve 0401 603 596

## THU 27 DEC

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### Audax

#### Epicurean Way

Thursday 27 December 2018

6:30 AM Start – Norwood (24 hr Bakery)

50 km/105 km/200 km/305 km

Unsupported

Follow Tourism SA's Epicurean Way Tour and eat (or drink) your way around 200 or 300 km Barossa, Clare Valley, Adelaide Hills and McLaren Vale. A good opportunity to tick off a few Festive 500 km.

Entry fee applies

Matthew Walden 0421 984 080

matthewjameswalden@gmail.com

#### 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 28 DEC

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### Audax

#### Adelaide River Gambols

Friday 28 December 2018

7:30 AM Start – Kinkaid Rd

50 km/100 km/154 km/200 km

Unsupported

A chance to spend your day riding and enjoying pleasant surroundings without the bother of traffic rushing past at high speeds. There are the regular, well known bike paths in the series, but hopefully you will come away with some new experiences.

Entry fee applies

John Mills 0448 248 974

jhills4@bigpond.com

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.  
50 km **3B** Peter 0418 820 921

## SAT 29 DEC

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### Audax

#### TDA Reconnaissance

Saturday 29 December 2018

6:30 AM Start – Norwood (Enjoy Bakery

corner The Parade & Osmond Terrace)

138 km/200 km

Unsupported

Ride off some Christmas consumption by cycling just the 2019 TDU community ride route (138 km) or add in some extra to complete an Audax 200 km ride.

Entry fee applies

Graham Stucley 0418 993 344

gstucley@gmail.com

#### Mannum Peddle Wheelers

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

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

0427 319 004 or 0428 592 282

0427 319 004 or 0428 592 282

#### Riverland Riders

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

#### Gawler Wheelers

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

50-100 km Paul 0431 866 586  
For cycling route in Gawler and surrounds, visit the following site:  
gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide

#### Salisbury Trail Stars 'Cycle Salisbury'

7:50 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury (opp. Parabanks). 50 km mainly off road ride along various tracks and trails of Salisbury and surrounding areas. Coffee/refreshments en route. We leave at 8:00 am prompt. Mountain/hybrid bikes preferred.  
50 km **2B** to **3B** Mark 0456 403 293

#### Cobwebs

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

### 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

### Cogs & Coffee

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

### Saturday Express

1:00 PM, Velo Café, Victoria Park, Rose Park. Café stop for afternoon tea. If the temperature is forecast to be over 35o the ride will commence at 10:00 am from the Torrens Weir. Please contact the ride leader for information on the ride.  
40 km **3B** Steve 8339 4368

### Saturday Sojourn

1:00 PM, Adelaide Sailing Club, Barcoo Rd, Glenelg North. Loop around the airport to Grange, and return by way of the western suburbs and the coast. An easy paced, sociable ride. BYO or buy refreshments.  
25 km **2A** Chris 0414 802 919

### Southern Flinders Rough Riders

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

## SUN 30 DEC

ADVERTISEMENT

### Audax

#### Northern Run

Sunday 30 December 2018

7:00 AM Start – Willaston

202 km/307 km

Unsupported

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

Entry fee applies

Ben Del Fabbro 0414 356 668

bendefab@gmail.com

#### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards, Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.  
30 km **2B** Gavin 0468 909 397

### Hills Ride

8:00 AM, Eden Valley. Caravan park car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is over 38°C.  
50 km **2C** Joe 0429 694 022

### Poseurs d'Adelaide

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

### Peninsula Pedallers

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

### Salisbury Explorers 'Cycle Salisbury'

9:00 AM, The start of Jack Bobridge Trail, off Calton Rd, Gawler East. Ride along Jack Bobridge Trail to Lyndoch and return. Coffee stops in Lyndoch.  
20 km MTB Class **1-3A** Jim 0401 984 767

## MON 31 DEC

### Northside Cycling Group

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

## TUE 1 JAN

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike wont fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to 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

### Border BUG

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

### Night Espresso

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



## Night Espresso

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

## WED 2 JAN

### Mannum Peddle Wheelers

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

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

8:00 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 km to Victor Harbor. Options from 1B to 3B. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C. 30 km **1B** Gavin 0468 909 397

### Ride with Keith

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

### Northside Cycling Group

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

### Wednesday Wheelers

10:00 AM, Oaklands Estate Reserve, Oaklands Park. All bitumen, BYO or buy lunch. If hot, 35°C or more, contact ride leader. 50 km **3C** Mal 0407 870 470

## THU 3 JAN

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 4 JAN

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50 km **3B** Peter 0418 820 921

## SAT 5 JAN

### Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Youngusband Store. Return to Mannum after coffee and a chat at Youngusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book. [www.facebook.com/groups/mannumpedalwheel](http://www.facebook.com/groups/mannumpedalwheel) [mannumpeddlewheelers.weebly.com](http://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](http://www.facebook.com/groups/210163156066987) [www.adelaidecyclists.com](http://www.adelaidecyclists.com) 50-100 km Paul 0431 866 586 For cycling route in Gawler and surrounds, visit the following site: [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide)

### Cobwebs

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

### Mishmash Cycling

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

### Peninsula Pedallers

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

### Para District Pedallers 'Cycle Salisbury'

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

### All Women's Bike Rides

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

## Cogs & Coffee

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

## Saturday Express

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. Café stop for afternoon tea. If the temperature is forecast to be over 35o the ride will commence at 10:00 am from the Torrens Weir. Please contact the ride leader for information on the ride. 40 km **3B** Hal 0427 084 097

## Saturday Sojourn

1:00 PM, Velo Precinct, Victoria Park Grandstand, Fullarton Rd, Adelaide. Spend some time exploring some of the suburbs adjacent to the city. An easy paced, sociable ride. BYO or buy refreshments. 25 km **2A** Helen 0428 511 724

## Southern Flinders Rough Riders

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

## SUN 6 JAN

### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards, Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C. 30 km **2B** Gavin 0468 909 397

### Hills Ride

8:00 AM, Oaklands Park. Oaklands Estate Reserve. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is over 38°C. 50 km **2C** Paul 0403 779 411

### Poseurs d'Adelaide

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

### Peninsula Pedallers

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

## MON 7 JAN

### Northside Cycling Group

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

## TUE 8 JAN

### Getonyabike

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

### Peninsula Pedallers

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

### Tuesday Treadlers

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

### Tuesday Traverse

10:00 AM, Hallett Cove Railway Station. Ride south to Port Noarlunga for lunch. Some hills. BYO lunch. 40 km **2C** Alan 0414 392 179

### Border BUG

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

### Night Espresso

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

## WED 9 JAN

### Mannum Peddle Wheelers

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

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

8:00 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 km to Victor Harbor. Options from 1B to 3B. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C. 30 km **1B** Gavin 0468 909 397



### Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards.

20-30 km **1A** to **3A** Elaine 0422 393 997

### Ride with Keith

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

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

### Northside Cycling Group

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

### Wednesday Wheelers

10:00 AM, Strathalbyn, Commercial Rd, at the Soldiers Memorial Gardens. All bitumen, BYO or buy lunch. If hot, 35°C or more, contact ride leader. 50 km **3C** Roger 8325 1790

## THU 10 JAN

### 30/30 Beach Streak

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

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

### Border BUG

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

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

## FRI 11 JAN

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50 km **3B** Peter 0418 820 921

## SAT 12 JAN

ADVERTISEMENT

**Audax**

**The Immortal**

**Saturday 12 January 2019**

7:00 AM Start – Bridgewater

123 km/203 km/262 km

Unsupported

Rides styled to give distance and climbing just a little less than the Aline Classic and ACE250. There is also a 123 km ride. The ride goes around a number of the hills of Adelaide.

**Entry fee applies**

**Graham Stucey 0418 993 344**

**gstucey@gmail.com**

### Mannum Peddle Wheelers

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

### Riverland Riders

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

### Gawler Wheelers

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

### Cobwebs

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

### Mishmash Cycling

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

### Peninsula Pedallers

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

### Salisbury Off Road Riders 'Cycle Salisbury'

8:50 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Mainly off road ride along local Salisbury tracks and trails, stopping along the way for coffee/refreshments. Mountain/hybrid bikes preferred. We leave at 9:00 am prompt. 30 km **2B** to **3B** Mark 0456 403 293

### Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, Car park of BMX Club/Skate Tower, end of Semaphore Rd, Semaphore. Easy, late afternoon ride along foreshore shared path to Outer Harbour and return. Suitable for all types of bikes. Coffee/refreshments afterwards 15-20 km **MTB Class 1-3B** Bryce 0432 732 540

### All Women's Bike Rides

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

### Cogs & Coffee

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

### Saturday Express

1:00 PM, Henley Square, Henley Beach. Café stop for afternoon tea. If the temperature is forecast to be over 35o the ride will commence at 10:00 am from the Torrens Weir. Please contact the ride leader for information on the ride. 40 km **3B** Peter 0414 719 296

### Saturday Sojourn

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

### Southern Flinders Rough Riders

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

## SUN 13 JAN

### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C. 30 km **2B** Gavin 0468 909 397

### Hills Ride

8:00 AM, St Kilda playground car park, St Kilda. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is over 38°C. 50 km **2C** Steve 0401 603 596

### Poseurs d'Adelaide

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

### Peninsula Pedallers

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

### Semaphore Sojourn 'Cycle Salisbury'

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

## MON 14 JAN

### Northside Cycling Group

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

## TUE 15 JAN

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to 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, Glenelg Town Hall, Moseley Square, Glenelg. A beach ride. BYO lunch. 40 km **2B** 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 16 JAN

### Mannum Peddle Wheelers

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

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

8:00 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 km to Victor Harbor. Options from 1B to 3B. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C. 30 km **1B** Gavin 0468 909 397

## Ride with Keith

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

## Northside Cycling Group

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

## Wednesday Wheelers

10:00 AM, Rose Park, corner Alexandra Ave/Fullarton Rd. Watch the start of the TDU at Norwood, followed by a short ride  
30 km **3C** Steve 0401 603 596

## THU 17 JAN

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 18 JAN

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.  
50 km **3B** Peter 0418 820 921

## SAT 19 JAN

### Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Youngusband Store. Return to Mannum after coffee and a chat at Youngusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book.  
www.facebook.com/groups/mannumpedalwheelers  
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/21016315606987](http://www.facebook.com/groups/21016315606987) [www.adelaidecyclists.com](http://www.adelaidecyclists.com)  
50-100 km Paul 0431 866 586  
For cycling route in Gawler and surrounds, visit the following site:  
[gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide)

## Cobwebs

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

## Mishmash Cycling

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

## Peninsula Pedallers

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

## Para District Pedallers 'Cycle Salisbury'

9:00 AM, The start of the Levels-City Bikeway, Pooraka Triangle park, South Terrace, Pooraka. Ride along the Levels - City Bikeway to Walkerville for coffee then return along same route. Suitable for all types of bikes.  
20 km **1A-3A** Elaine 0422 393 997

## All Women's Bike Rides

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

## Cogs & Coffee

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

## Saturday Express

1:00 PM, Drage Reserve, Briar Ave, Felixstow. Café stop for afternoon tea. If the temperature is forecast to be over 35o the ride will commence at 10:00 am from the Torrens Weir. Please contact the ride leader for information on the ride.  
40 km **3B** Don 0428 566 745

## Saturday Sojourn

1:00 PM, Brighton Jetty, Jetty Road, Brighton. Meander through the southwestern suburbs, perhaps picking up some sea breeze along the esplanade. An easy paced, sociable ride. BYO or buy refreshments.  
25 km **2A** Joan 0412 181 643

## Southern Flinders Rough Riders

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

## SUN 20 JAN

### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards, Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.  
30 km **2B** Gavin 0468 909 397

### Hills Ride

8:00 AM, Mile End Homemaker Centre car park adjacent 99 Bikes. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is over 38°C.  
50 km **2C** Neil 0429 201 144

### Poseurs d'Adelaide

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

### Peninsula Pedallers

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

## MON 21 JAN

### Northside Cycling Group

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

## TUE 22 JAN

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike wont fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to 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 with a view to Hallett Cove bikeway. BYO lunch.  
40 km **2B** Jane 0402 102 608

## Border BUG

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

## Night Espresso

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

## WED 23 JAN

### Mannum Peddle Wheelers

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

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

8:00 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 km to Victor Harbor. Options from 1B to 3B. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.  
30 km **1B** Gavin 0468 909 397

### Para Pedallers 'Cycle Salisbury'

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

## Ride with Keith

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

## Northside Cycling Group

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

### Wednesday Wheelers

10:00 AM, Unley Oval, Frederick St, Unley. All bitumen, BYO or buy lunch. If hot, 35°C or more, contact ride leader. 50 km **3C** Michael 8271 9731

## THU 24 JAN

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 25 JAN

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50 km **3B** Peter 0418 820 921

## SAT 26 JAN

### Mannum Peddle Wheelers

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

### Riverland Riders

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

### Gawler Wheelers

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

### Cobwebs

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

### Mishmash Cycling

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

### Peninsula Pedallers

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

### Salisbury Off Road Riders 'Cycle Salisbury'

8:50 AM, Railway Station car park, under Elder Smith Rd, Mawson Lakes. Mainly off road ride along local Salisbury tracks and trails, stopping along the way for coffee/refreshments. Mountain/hybrid bikes preferred. We leave at 9:00 am prompt. 30 km **2B** to **3B** Mark 0456 403 293

### Dry Creek Trailers 'Cycle Salisbury'

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

### All Women's Bike Rides

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

### Cogs & Coffee

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

### Saturday Express

1:00 PM, Hackney Hotel, Hackney Rd, Hackney Come out and enjoy a summer ride. Café stop for afternoon tea. If the temperature is forecast to be over 35°C the ride will commence at 10:00 am from the Torrens Weir. Please contact the ride leader for information on the ride. 40 km **3B** Patsy 0439 332 533

### Saturday Sojourn

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. Ride across to the Torrens Linear Park and out towards West Beach. Return via Everard Park and Millswood. An easy paced, sociable ride. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

### Southern Flinders Rough Riders

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

## SUN 27 JAN

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards, Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C. 30 km **2B** Gavin 0468 909 397

### Hills Ride

8:00 AM, Lyndoch. Barossa Valley Way adjacent bakery. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is over 38°C. 50 km **2C** Joe 0429 694 022

### Poseurs d'Adelaide

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

### Peninsula Pedallers

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

### Salisbury Explorers 'Cycle Salisbury'

9:00 AM, Shelter Arrea, 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

## MON 28 JAN

### Northside Cycling Group

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

### Saturday Express

10:00 AM, Crafers Hotel, Crafers. Australia Day Holiday Ride. Ride off road tracks between Crafers and Mylor. Lunch at Mylor. All levels of riding, smooth tracks and single tracks. Suitable for MTB riders. If the forecast temperature will be over 35o the ride will be altered. Please contact the ride leader for information. Patsy 0439 332 533

## TUE 29 JAN

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to 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, Torrens Weir, War Memorial Drive, Adelaide. Mystery ride. BYO lunch. 40 km **2B** Richard 0438 805 901

## Bicycle Maintenance Course

### Basic Bike Care

5:30 PM - 8:30 PM

Tuesday 29 January 2019

Bicycle SA Office, 53 Carrington St, Adelaide

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

### Fee applies

Early bookings essential

(maximum 10 registrants per course)

Bicycle office 8168 9999

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

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

### Border BUG

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

### Night Espresso

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

## WED 30 JAN

### Mannum Peddle Wheelers

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

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

8:00 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 km to Victor Harbor. Options from 1B to 3B. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C. 30 km **1B** Gavin 0468 909 397

### Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9:00 am and returning for coffee by 10:30 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. 30-25 km **3A** Rebecca 8232 7277

### Northside Cycling Group

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

### Wednesday Wheelers

10:00 AM, Seaford Railway Station Catch the 9:00 train from Adelaide. Some dirt tracks, MTB or hybrid bike recommended. If hot, 35°C or more, contact ride leader. 50 km **3C** Clary 0424 041 122



## THU 31 JAN

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 1 FEB

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.  
50 km **3B** Peter 0418 820 921

## SAT 2 FEB

### Mannum Peddle Wheelers

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

### Riverland Riders

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

### Gawler Wheelers

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

### 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

### Para District Pedallers 'Cycle Salisbury'

9:00 AM, north east corner Watershed car park, Salisbury Highway, Greenfields. Easy ride along the Dry Creek Trail. Coffee afterwards. Mountain/hybrid bikes preferred.  
20 km MTB **1-3A** Jim 0401 984 767

### All Women's Bike Rides

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

### Cogs & Coffee

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

### Saturday Express

1:00 PM, Film Studios (front entrance by Clock Tower), 226 Fullarton Rd, Glenside. Café stop for afternoon tea. If the temperature is forecast to be over 35o the ride will commence at 10:00 am from the Torrens Weir. Please contact the ride leader for information on the ride.  
40 km **3B** Rosalind 0448 741 556

### Saturday Sojourn

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

### Southern Flinders Rough Riders

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

## SUN 3 FEB

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards, Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.  
30 km **2B** Gavin 0468 909 397

### Hills Ride

8:00 AM, Oaklands Park. Oaklands Estate Reserve. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is over 38°C.  
50 km **2C** Judith 8298 3131

### Poseurs d'Adelaide

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

## Bicycle Maintenance Course

### Advanced Bike Maintenance Course 9:00 AM - 4:00 PM

Sunday 3, 10 and 17 February 2019  
Bicycle SA office, 53 Carrington St, Adelaide

### The first 2019 session in a series of 2 successive Saturday/Sunday workshops

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

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

### Fee applies

Free workshop manual valued at \$40 provided to all participants.

Bicycle SA office 8168 9999

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

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

### Peninsula Pedallers

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

## MON 4 FEB

### Northside Cycling Group

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

## TUE 5 FEB

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike wont fit in your car, take the front wheel off. We will help you put it back on. We will ride in 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, Drage Reserve, Briar Road. Felixstow. North Eastern Suburbs. Hybrid or Mountain Bike recommended. Some hills. BYO lunch.  
40 km **2C** Don 0428 566 745

### Border BUG

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

### Night Espresso

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

## WED 6 FEB

### Mannum Peddle Wheelers

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

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

8:00 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 km to Victor Harbor. Options from 1B to 3B. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.  
30 km **1B** Gavin 0468 909 397

### Para Pedallers 'Cycle Salisbury'

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

### Ride with Keith

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

### Northside Cycling Group

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

### Wednesday Wheelers

10:00 AM, Gawler Railway Station. Catch the 9:08 am train from Adelaide. All bitumen ride back to the city. Pub lunch at Cudlee Creek. If hot, 35°C or more, contact ride leader.  
70 km **3C** John 8223 7397

## THU 7 FEB

### 30/30 Beach Streak

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

## Border BUG

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

## FRI 8 FEB

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.  
50 km **3B** Peter 0418 820 921

## SAT 9 FEB

ADVERTISEMENT

**Audax**

### Breavail Saturday 9 February 2019

Start time (contact Matt Rogers)

Bici Café, Adelaide

213 km/309 km/609 km

Unsupported

200 km to 600 km options. Roads around the southern and eastern parts of Adelaide. As many quiet roads as possible chosen and you will still get the required distance. Complete this and Brevail

Entry fee applies

**Matt Rogers 0439 952 077**

**Matt\_rodgers68@live.com**

### Mannum Peddle Wheelers

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

### Riverland Riders

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

### Gawler Wheelers

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

### Cobwebs

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

### Mishmash Cycling

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

### Peninsula Pedallers

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

### Salisbury Off Road Riders 'Cycle Salisbury'

8:50 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury. (opposite Parabanks). Mainly off road ride along local Salisbury tracks and trails, stopping along the way for coffee/ refreshments. Mountain/hybrid bikes preferred. We leave at 9:00 am prompt.  
30 km **2B** to **3B** Mark 0456 403 293

### Dry Creek Trailers 'Cycle Salisbury'

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

### All Women's Bike Rides

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

### Cogs & Coffee

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

### Saturday Express

1:00 PM, Brighton Railway Station, Brighton. Café stop for afternoon tea. If the temperature is forecast to be over 35o the ride will commence at 10:00 am from the Torrens Weir. Please contact the ride leader for information on the ride.  
40 km **3B** Jeff 0407 191 958

### Saturday Sojourn

1:00 PM, Glenelg Jetty, Moseley Square, Glenelg. North, south, or east? It might depend on the weather. An easy paced, sociable ride. BYO or buy refreshments.  
25 km **2A** Joan 0412 181 643

### Southern Flinders Rough Riders

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

## SUN 10 FEB

### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards, Ride starts 1/2 hour earlier when BOM Victor Harbor forecast >= 32°C.  
30 km **2B** Gavin 0468 909 397

### Hills Ride

8:00 AM, Belair. Gate 2 Sheoak Road near Belair Railway Station. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is over 38°C.  
50 km **2C** Catherine 0413 332 866

### Poseurs d'Adelaide

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

### Peninsula Pedallers

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

## MON 11 FEB

### Northside Cycling Group

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

## TUE 12 FEB

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to 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, Brighton Railway Station (Beach side). Mystery ride. BYO lunch  
40 km **2B** Denise 0409 097 408

### Border BUG

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

### Night Espresso

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

## WED 13 FEB

### Mannum Peddle Wheelers

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

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

8:00 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 km to Victor Harbor. Options from 1B to 3B. Ride starts 1/2 hour earlier when BOM Victor Harbor forecast >= 32°C.  
30 km **1B** Gavin 0468 909 397

### Ride with Keith

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

### Northside Cycling Group

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

### Wednesday Wheelers

10:00 AM, Rose Park, corner Alexandra Ave/Fullarton Rd. All bitumen, BYO or buy lunch. If hot, 35°C or more, contact ride leader.  
50 km **3C** Karel 0449 854 454

## THU 14 FEB

### 30/30 Beach Streak

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

### Border BUG

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

## FRI 15 FEB

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.  
50 km **3B** Peter 0418 820 921



## SAT 16 FEB

### Mannum Peddle Wheelers

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

### Riverland Riders

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

### Gawler Wheelers

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

### Cobwebs

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

### Mishmash Cycling

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

### Peninsula Pedallers

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

ADVERTISEMENT

## Audax

### Marino Rocks Greenway Bikeway Saturday 16 February 2019

9:00 AM Start - War Memorial Drive, North Adelaide (Red House Café) 52 km

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

#### Entry fee applies

Matthew Rawnley 0427 379 640 [longdistance1200@hotmail.com](mailto:longdistance1200@hotmail.com)

## Bicycle Maintenance Course

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

9:00 AM - 1:00pm PM Saturday 16 February 2019  
Bicycle SA Office, 53 Carrington St, Adelaide

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

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

#### Fee applies

Early bookings essential (maximum 10 registrants per course)

Bicycle office 8168 9999

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

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

### Para District Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). Ride along Edinburgh and Stuart O'Grady bike paths and some roads to Angle Vale for coffee then return. Suitable for all types of bikes. 30 km **1A-3A** Elaine 0422 393 997

### All Women's Bike Rides

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

### Cogs & Coffee

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

### Saturday Express

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Café stop for afternoon tea. If the temperature is forecast to be over 35o the ride will commence at 10:00 am from the Torrens Weir. Please contact the ride leader for information on the ride. 40 km **3B** Bob 8356 0906

### Southern Flinders Rough Riders

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

## SUN 17 FEB

### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards, Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C. 30 km **2B** Gavin 0468 909 397

### Poseurs d'Adelaide

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

### Peninsula Pedallers

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

### Hills Ride

7:00 PM, Oakbank. Gillman Road adjacent old go-kart track. MTB or Hybrid advised. Mainly dirt roads. Night ride - good lights essential. Possible coffee afterwards. 50 km **2C** Rob 0428 990 059

## MON 18 FEB

### Northside Cycling Group

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

## TUE 19 FEB

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to 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, Seaford Railway Station. Mystery ride to Southern Beaches area. BYO lunch. 40 km **2B** Graham 0448 833 947

### Border BUG

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

### Night Espresso

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

## WED 20 FEB

### Mannum Peddle Wheelers

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

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

8:00 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 km to Victor Harbor. Options from 1B to 3B. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C. 30 km **1B** Gavin 0468 909 397

### Para Pedallers 'Cycle Salisbury'

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

### Ride with Keith

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

### Northside Cycling Group

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

### Wednesday Wheelers

10:00 AM, Aberfoyle Park, near cnr. Chandlers Hill Rd / Education Rd All bitumen, BYO or buy lunch. If hot, 35°C or more, contact ride leader. 50 km **3C** Max 0405 191 955

## THU 21 FEB

### 30/30 Beach Streak

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

### Border BUG

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



## FRI 22 FEB

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50 km **3B** Peter 0418 820 921

ADVERTISEMENT

### Audax

#### Bootlegger 2019

Friday 22 February 2019

8:30 PM Start - North Adelaide

204 km/300 km/405 km

#### Unsupported

Ride 200 km or more at night with a full moon to help you. The Bootlegger 2019 takes you through the Adelaide Hills to Murray Bridge and back for breakfast. Or extend your ride to 300 km or 400 km. The perfect preparation for Paris-Brest-Paris.

#### Entry fee applies

David Fairweather 0401 528 563

div.fw@bigpond.net.au

## SAT 23 FEB

### Mannum Peddle Wheelers

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

### Riverland Riders

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

### Gawler Wheelers

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

### Cobwebs

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

### Mishmash Cycling

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

### Peninsula Pedallers

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

### Salisbury Off Road Riders 'Cycle Salisbury'

8:50 AM, Shelter Shed, Carisbrooke Park, Main North Rd, Salisbury Park. Mainly off road ride along local Salisbury tracks and trails, stopping along the way for coffee/refreshments. Mountain/hybrid bikes preferred. 30 km **2B** to **3B** Mark 0456 403 293

### Dry Creek Trailers 'Cycle Salisbury'

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

### All Women's Bike Rides

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

### Cogs & Coffee

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

### Saturday Express

1:00 PM, Velo Café, Victoria Park, Rose Park. Café stop for afternoon tea. If the temperature is forecast to be over 35o the ride will commence at 10:00 am from the Torrens Weir. Please contact the ride leader for information on the ride. 40 km **3B** Steve 8339 4368

### Saturday Sojourn

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

### Southern Flinders Rough Riders

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

## SUN 24 FEB

### Border BUG

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

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

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards, Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C. 30 km **2B** Gavin 0468 909 397

### Hills Ride

8:00 AM, McLaren Vale. Field Street car park behind Coles. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. Ride cancelled if forecast is over 38°C. 50 km **2C** Judith 8298 3131

### Poseurs d'Adelaide

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

### Peninsula Pedallers

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

### Better Harts

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

### Mon 25 Feb

Northside Cycling Group

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

## TUE 26 FEB

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to 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. Ride to Brownhill Creek via Unley, Mitcham areas. Coffee at Mile End Centre. BYO lunch. 40 km **2B** Rick 0417 816 372

### Border BUG

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

### Night Espresso

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

## WED 27 FEB

### Mannum Peddle Wheelers

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

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

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

### Ride with Keith

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

### Northside Cycling Group

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

### Wednesday Wheelers

10:00 AM, Oaklands Estate Reserve, Oaklands Park. All bitumen ride. BYO lunch or buy. 50 km **3C** Paul 0403 779 411

## THU 28 FEB

### 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

# COMING EVENTS

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

## March

### COAST TO COAST

**SUNDAY 24 MARCH 2019**

**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.

**Bicycle SA office +61 8168 9999**

**office@bikesa.asn.au**

**www.bikesa.asn.au/coast2coast**

**www.bikesa.asn.au**

### BICYCLE MAINTENANCE COURSE

**BASIC BIKE CARE**

**5:30 PM – 8:30 PM**

**TUESDAY 26 MARCH 2019**

**BICYCLE SA OFFICE, 53 CARRINGTON ST, ADELAIDE**

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

**Fee applies**

**Early bookings essential**

**(maximum 10 registrants per course)**

**Bicycle office 8168 9999**

**office@bikesa.asn.au**

**www.bikesa.asn.au**

## April

### VELOVINO – ON THE EPICUREAN WAY

**ADELAIDE HILLS AND FLEURIEU PENINSULA**

**1-5 APRIL 2019**

A brand new fully supported 5 day premium food and wine-lovers cycling feast through our wonderful Adelaide Hills and Fleurieu Peninsula. Numbers strictly limited, making it easy to meet new friends and engage with the local community.

**www.bikesa.asn.au/VeloVino**

### EASTER CYCLE 2019

**MOONTA FRIDAY 19 TO MONDAY 22**

**APRIL 2019**

The Moonta Football Club and Oval, with a bike track to Moonta Bay and a short walk from the centre of Moonta township is an ideal campsite location for a relaxing long weekend with family and friends.

The Easter Rides Programme includes rides that explore the Copper Coast region, with its rich mining history and its beautiful sandy beaches. There will be the popular Night ride, Easter Egg hunt and leisurely loop rides with ample time to discover this unique area of the Yorke Peninsula for yourself.

**Entry fee applies**

**Further details and/or entry forms available from:**

**Bicycle SA office 8168 9999**

**www.bikesa.asn.au**

**rides@bikesa.asn.au**

### DIRTY WEEKEND

**SATURDAY 27 TO SUNDAY 28 APRIL 2019**

**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**

## May

### 2019 OUTBACK ODYSSEY

**SATURDAY 4 TO 19 MAY 2019**

**900 km Mountain Bike Odyssey through the Australian outback from Adelaide to Blinman, in the upper Flinders Ranges**

**Full Mawson: 4 May to 19 May (16 days)**

**Shorter Options:**

**Mini Mawson One: 4 May to 8 May (5 days)**

**Mini Mawson Two: 8 May to 13 May (6 days)**

**Mini Mawson Three: 13 May to 19 May (7 days)**

Each day in our epic journey is an adventure and experience of a lifetime!

New this year will be our one night's stay in Wilpena, with time to explore this world famous region and maybe taking a plane flight to appreciate its magnificence.

Although some days will stretch you to the limit, the campsite with its hot showers, massage and the Handle Bar, together with the catered-for meals and camaraderie will make it all worthwhile!

Places are strictly limited and the chance to explore the iconic Flinders Ranges is a once in a lifetime and life changing experience.

**Entry fee applies**

**Enter online 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**