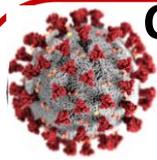


August 2021 SARCC Newsletter

6 pages! - your editor was stuck inside in Covid-19 lockdown and became excessively creative with articles – enjoy 😊.



COVID19 28th July

SARCC are back riding

QR scanning for SARCC.

- All SARCC groups use QR.
- You must QR scan and register your attendance at each ride/event. **Note, never touch an uncleaned card or pen!**
- RIDE LEADERS:** Please go to [SARCC website](#), select your ride group, select your Covid Safe plan and print QR code for scanning. If you forget to print QR code, use smart phone get the QR image from SARCC web - participants can scan from your smart phone image.
- If you are unable to QR scan, notify the Ride Leader – the Leader will email sarccexec@gmail.com with the exceptions.
- Only QR Exceptions are: **1. electricity or internet connection prevents its proper use 2. the person does not have a smartphone.**
 - If you are eligible for Covid -19 vaccination go to [COVID-19 Vaccine | SA Health](#) select a clinic near you, book your Roll up moment and **get vaccinated PLEASE.**



What are the most common symptoms of COVID-19
Get tested as soon as Symptoms appear

Cough	Fever
Shortness of breath	Sore throat
Tiredness	Muscle pain
Headache	Diarrhoea
Runny nose	Loss of smell
Loss of taste	

Mask wearing Link: Masks are mandatory in South Australia's high-risk settings, check directions on web please, – if unsure or unable to social distance wear your mask.

WEAR YOUR MASK
Carry a Mask at all times

PLEASE WASH YOUR HANDS

1.5m

Total number of persons present at a place must not exceed 1 person per 4 square metres

Home gatherings are capped at a maximum of 10 people per residential premise

DON'T WAIT.. VACCINATE.

SARCC RECOMMEND YOU CHECK THE WEB PRIOR TO ATTENDING ANY RIDE OR EVENT

The Following is correct at time of Print there are many reasons why changes may be necessary.

Sunday Rides:

August 1st
Meet Victoria Square 10am.TBA
Helen S 0428 120 447

August 15th The Annual Kanmantoo Ride.
Meet at 10am Main street near toilets in [Hutton Reserve, Kanmantoo](#). A great gravel ride through the hills and dales. Late lunch at Callington. BYO food and drink. Return via bitumen or extra gravel road. 40 – 45 km. Jilden 0408 823 781

Thursday Rides:

Aug 5 th	Trevor	0401 717 031	10am entrance road to the Belair Caravan/Holiday Park.	Some unsealed roads
Aug 12 th	Paul	0427 537 836	10am Woodside Pool car park	Some unsealed roads
Aug 19 th	Clive	0409 492 621	10 a.m. Woodside Pool car park	Some unsealed roads
Aug 26 th	Kevin	8388 1852	10 a.m. Woodside Pool car park	Some unsealed roads

PERFECT Ride: be sure to read the reviews and enjoy the photos of the last two PERFECT rides



Next Ride August 22nd Kapunda at 9 AM Meet at toilets adjacent to [Ambulance Station in Hill Street](#), Kapunda. 66 km, mostly gravel, dirt roads with approx. 10km bitumen, No facilities available on the ride. Peter 0448 364 138

Highlights of the ride: -
The historic buildings in Kapunda. Crossing Allen Creek near Kapunda
Crossing Light River by causeway – there are remnants of 2 old bridges
The outbuildings of Anlaby Station. The hamlet of Buchanan
Track through a secluded valley to the East of Tarnma, along a tributary of Tarnma Creek.

The highest point of the ride will be a short climb over the Tothill Range
Ride through the Marrabel Golf course (an old-style charcoal scrape course – not sure if it is still used (was a tournament last ride through there 6 years ago)
Crossing River Light via a causeway South of Marrabel
Visit site of the Historic Kapunda Reservoir in the “Pines Reserve”
Complete the ride with a 12 km downhill on bitumen into Kapunda – 90 m drop!

NEXT CLUB MEETING Wednesday 25th August 2021, 7.30pm, at [The Minor Works Building](#), 22 Stamford Court, Adelaide (at the southern end of Stamford Court off Wright Street or behind *The Donburi House* restaurant on Sturt Street). During Covid we are restricted to 30 attendees, we can boil the water provide tea and coffee only, bring your mobile phone for QR.
Please refer to SARCC Web with current Directives mandating only 15 attendees at Minor Works we may need to defer meeting

TOURS 2021:



The SARCC 2022 NZ tour starts Monday 14th February 2022 and for 16 nights explores the northern and central regions of the South Island of New Zealand. Members participating in the 2022 NZ tour will have the opportunity to ride some of NZ's iconic rides.

This month we feature the fabulous scenic **Queen Charlotte Track**.

From our accommodation in Nelson, we travel to picturesque Picton and board our launch for a short cruise across Queen Charlotte sound to Torea Bay. A steep climb up from Torea Bay jetty intersects the Queen Charlotte track. The track climbs further from here over the next few kilometres to the high point on Shamrock ridge. The ride can be steep and rough in sections, and you will need to walk your bike at some stage. The views are spectacular and worth the effort, especially if you take the short but steep side-track up to the Onahau lookout. An up and down roller coaster ride leads us to a long downhill stretch through Anakiwa to join the appropriately named Link Path back to Picton.

[This video](#) gives you an idea of the what it is like to cycle the track, albeit at a slightly quicker rate than we are likely to achieve!



OCTOBER FORTNIGHT IN VICTORIA [←Please link and read details→](#) **DETAILED RIDE PROGRAMME**

Sun 17th to Sun 31st OCTOBER 2021

BIG4 Castlemaine Gardens Holiday Park, Arrive Sun 17th October depart Fri 22nd October (5 nights) *travel 638km 6½hours*

- ① to Mt Tarrengower via Newstead & return, ② to Harcourt/Muckleford Road loop, Mt Alexander picnic area & return,
③ to [Castlemaine Maldon Rail Trail](#) ④ to Fryerstown and Vaughan Springs & return

BIG4 Park Lane Bendigo, Arrive Fri 22nd October depart Tue 26th October (4 nights) *travel 45km 1hour*

- ⑤ PM Bendigo Cycle Club Road Ride ⑥ to Axedale and return on [OKeeffe Rail Trail](#)
⑦ Bendigo Creek trail ⑧ Axedale to Heathcote return to Axedale

Colac Otway Caravan Park, Arrive Tue 26th October, depart Sun 31st October (5 nights) *travel 235km 3 hours*

- ⑨ Day lost in transfer ⑩ Lake Colac and Lake Beeac visiting the town of Beeac for lunch.
⑪ part [Old Beechy Rail Trail](#) ⑫ [Timboon Rail Trail](#) from Lake Purrumbete ⑬ [Timboon Rail Trail](#) from Cobden

OTHER CLUB NEWS:

SUBSCRIPTIONS for year 1 July 2021 to 30 June 2022 are \$20 and overdue now.

Pay to: SARCC Everyday Account, Westpac, BSB 035-048 Account 301670

Please advise sarccexec@gmail.com when paid (members who first joined in 2021 exempt)

Thank you to all who have paid next year's subscriptions

“You Tube” Entertainment Segment

- 1 [15 Animal Incidents Caught On Camera While Cycling](#) (Including Magpies, Emu, Kangaroos, Camels)
 - 2 [Front Derailleur Killer? | Classified Powershift Hub Gear](#) (Eric missed this from his gears article in June)
 - 3 [20 Vehicles For Those Who Have Already Seen Everything](#)
 - 4 [Amazing New Bike Inventions](#) -including registerable motorbikes
 - 5 [Cargo Bike parade, Nijmegen NL 17th April 2016](#)
 - 6 [Hub vs. Mid Drive Motors: Why Hub Motors Suck Debunking Myths with performance test](#)
 - 7 [Mind Blowing Touring & Bikepacking Bike Features!](#)
- 📺 [This Is Why Eating Healthy Is Hard \(Time Travel Dietitian\)](#) ←HUMOUR

Gifts for a cyclist – (SARCC would like a member to produce a list every second month – volunteer? - Notify – eric@outlook.com.au)

					
<p>Da Brim is a brim around helmet not a sunhat per se. <small>Summer or at least Spring will be here soon</small></p>	<p>Local - choose colour & it is a full sun hat</p>	<p>Headlight, computer, horn, rechargeable</p>			<p>A chance to dream even AUs & NZ rides</p>
<p>Winter Fleece jerseys Lightinthebox AU\$62</p>	<p>Sun visor or brim US\$45</p>	<p>Sun hat for helmet AU\$89</p>	<p>3in1 LED Bicycle Computer AU\$35</p>	<p>Giro gel glove women's US\$30</p>	<p>Dimocks AU\$30</p>

WE NEED MORE DEDICATED BICYCLE LANES AND WIDE SHARED PATHS HERE IS WHY!

In addition to walkers, cyclists, gophers, and loose dogs you will soon be sharing with these personal transport devices.

Personal TRANSPORT for TOMMOROW maybe even TODAY:

[ELECTRIC SKATEBOARDS](#) Link: Electric skateboards are like normal skateboards except that they have an electric motor that drives them forward. Normally you open the throttle, control the speed and brake with a hand-held remote control. The battery that fuels the electric motor is mounted under the deck of the [e-skateboard](#). The motors are either attached under the deck or inside the wheels. The rider makes a turn by tilting the board to one side or the other (weight shift to heels or toes). The electric skateboard is designed for local transport or commuting. They usually weigh around 10kg, have top speeds between 15-25km/h. The range can vary from 16-50km.



[ELECTRIC SCOOTERS](#) Link: With expanding cities, commuting has become a challenge. It is here that an electric scooter is of use. Light and compact, they are safe to travel on and help you reach your destination in quick time. With the advent of technology, standard scooters have given way to electric scooters. It runs on rechargeable batteries and is usually accepted as environmentally friendly. How does an electric scooter work?The [electric scooter](#) works on rechargeable batteries and are the Lithium types. The endurance of these batteries is good enough for you to travel within a range of 16 to 60km. Depending on the type and model of the scooter, the motor might either make the front wheel or both the wheels to rotate to push the scooter forward. However, because of the constraints of the motor, electric scooters seldom cross 25 to 30 kmph. Most have disc brakes



[SEGWAY](#) Link: The world's first self-balancing human transporter, [Segway](#) is a two-wheeled, self-balancing, battery-powered electric vehicle that use computers, sensors, and electric motors in the base of the Segway keep the device upright when powered on with balancing enabled. When you lean forward, the sensors activate the motors to get the wheels moving in order to keep you on your centre of gravity. How does it stop? You lean gently back until to point of gravity is reached again. The standard HTi80 model only goes about 20 kph, and it has to be hooked up to household electrical current for about six hours to store up enough juice for a 24-km journey.



[SEGWAY SPRO](#) Link: an ultra-light Segway. The [Segway Ninebot S Pro](#) sets itself apart with its easy-to-manuever design, giving you the ultimate control. Learn to ride a S Pro with ease with precision sensors and knee-control bar that you didn't know you need. 22KM/h Top Speed. 25KM Range. IP54 Water Resistant. 10.5" Air Filled Tyres. Not as yet a wet weather device. Essentially a less terrifying hoverboard to ride



HOVERBOARD ^{<Link}: Hoverboards are built in such a way that each of the wheels has its own Gyroscope, Tilt and speed sensor. They are generally placed below the frame where rider places the feet. Once the rider places the feet on the board, Gyroscope provides data to the logic board when the rider tilts ahead or backward. The hoverboard is a self-balancing board with a platform that gives you the sensation of flight. Hoverboards have an average speed of 16kph. Once fully charged, they can travel a distance of up to 24km. [Fastest](#).



SEGWAY DRIFT W1 SELF BALANCING SKATES ^{<LINK} these tiny skates are rideable. Just step onto the skates and they'll move you around like a hoverboard while balancing on one wheel under each foot. They don't strap on or form a shoe you simply stand on them. The Segway self-balancing skates work just like a hoverboard does, except there's two of them (one for each foot), and they are really small! The Segway Drift W1 can speed up to 12km/h and is three times faster than walking. Fully charged, Segway Drift W1 can provide you with a 45-minute ride. With a total weight of 7kg [Segway Drift W1](#) is portable and can be carried around easily in one hand or in a bag



NINEBOT ONE Z10 E UNICYCLE ^{<LINK} Made for adventurous riders who aren't afraid of challenges. Riders with a unique skill set and an "I can do anything" mindset can hop on the Z10 and can have fun up to a maximum speed of 45 km/h. Once mastered, the Z10 can take you to new horizons in a radius of 90 km range. Up to 45 km/h Maximum Speed hopefully restricted to 25kph. With a massive array of features from push handles to lights even a beginner mode . intelligent battery management. Us older riders will be intimidated to ride as our bodies don't heal quickly but be sure these [E-Unicycles](#) will be sharing lanes with us an many forms,



WHAT ABOUT ME, IT ISN'T FAIR I'VE HAD ENOUGH NOW I WANT MY SHARE ^{<MUSIC}
So, assuming all the above is for those under 50 – what is available for over 50-year-olds?

S-POD IS A RIDICULOUS LOUNGE CHAIR ON WHEELS the final version will hit speeds of 25kph. It'll travel up to 67kilometres at a time, and it takes just two hours to fully charge. It potentially replaces electric bikes, wheelchairs and Gophers when we get tired. It is too hard to put in words how this Segway floating chair works, so herewith a [Video of the prototype](#)



WE CYCLISTS HAVE MANY FANTASTIC EBIKES 😊 and some cheap rubbish 😞



Turbo Vado SL

[Specialized](#) 😊 ✓light 15kg, ✓10spd 11-42, ✓mid-drive motor, ✓good range with extender 320Wh, AU\$5800

There are many commuter/recreational Ebikes that are light and efficient for us to ride the shared paths and dedicated bike lanes on into the next decades. ←Here are two at opposite ends of the range, there are many in between.→ To get weight to 14-18kg it requires either expensive carbon fibre or removing desirable and essential components. To add to the mix we will have Road, Gravel, MTB hard tail, full suspension, folding, and cargo bikes. We cyclists will not be forgotten by the wave of new personal electric transport alternatives.



[Torque 1 \(ridescoozy.com\)](#) 😞 ✓light 17.2kg, ✗no gears, ✗rear hub motor, ✗limited range 350Wh, Est AU\$2000 incl ship & margin

ALSO WE HAVE THE VELOMOBILES ^{<LINK} I.E., **WEATHERPROOF PEDALECS** ^{<LINK} AND **GOPHERS:**



Cabriovelo



ELF



PEBI



Schaeffler



CityQ



Drycycle



The big courier companies are already planning to abandon the choked motor vehicle carriageways and fill the cycle lanes and paths with thousands of [cargo bikes](#) ^{<Link} that will be [delivering parcels](#) the picture on the right is being replicated by most other couriers! Some of these vehicles may not eventuate but many will appear on our cycleways, shared paths, and dedicated bicycle lanes.

Meanwhile! Our elected councillors and politicians continue to refuse to install any safe sustainable transport lanes/paths and continue spending billions on motorways.

Is Riding Electric Bicycle too Risky for a Senior Rider? **Answer is NO!**

As we get older, it is inevitable that our bodily functions begin to decline, making once feasible physical activities much harder and riskier to do. The barriers associated with aging can also make it difficult to navigate what type of activities are accessible, and which are not. So, the question inevitably comes up: is riding an e-Bike risky for elderly riders? **Answer is NO!**

“[Cycling is a low-impact exercise](#)”^{←link},” This means that **cycling** limits impact stress on weight-bearing joints, like your **hips, knees,** and feet. Plus, the movement helps lubricate the joints, which reduces pain and stiffness

While there are risks associated with e-Cycling, and all pedal cycling this article will attempt to identify those risks and how they can be mitigated, avoided, and managed.

Senior e-bike rider risk factors

With a huge increase of elderly riders turning to cycling in the last few decades, there is no doubt that the electric assistance feature of e-Bikes is a huge draw for older riders. This is because riding an e-Bike is less strenuous than a traditional bicycle since the level of electric assistance can be adjusted so that less human power is needed during a ride.

Especially for elderly people dealing with physical conditions like arthritis, muscle loss, joint replacements, brittle bones, and other barriers often associated with aging, e-Biking is an ideal option for physical activity.

Read also: *Cautions and tips for riding an e-bike with certain health conditions – in [this detailed guide](#).*

However, older riders should be sure to assess the risks associated with e-Biking before starting up an e-Bike regime.

Some common risks that are unfortunately linked to older age, which can have a negative impact on all Cycling rides, are these:

First, poor vision can increase the chance of falls at night-time, can make it difficult to observe traffic and important signs, and can make it hard to adapt to changing traffic conditions.

Second, reduced muscle strength in the elderly can lead to poor balance on one’s heavier e-Bike, increased chance of falling, and instability when it comes to operating and steering the vehicle.

Lastly, declining cognition can also lead to poor road judgment, can increase the chances of becoming lost on route, and may lead to the inability to understand traffic signals.

Riders, **please be careful** when lifting/transporting heavy e-Bikes, note that some bicycle racks are not suitable for transporting e-Bikes, and there are associated risks of lifting or ramping a heavy bike (up to 26kg) onto a tray type rack. **We recommend you take your demountable battery off the bike when loading onto your transporting tray/rack.** The weight, 23 to 26kg, of the MTB styled e-Bike does add considerable difficulty to the riding, standing stationary, dismounting, walking with, and transporting of e-Bikes.

You can buy [lighter e-Bikes](#) or [gravel e-Bikes](#) most are expensive but well worth it to keep you riding and safely exercising.

Many of the [lighter mid drive](#) or [Fazua](#) or Rear hub [Mahle X35](#) (*Claimed as the best hub drive*) e-Bikes are not available in Australia.

[Specialized Turbo Vado SL 4.0 Step-Thru](#) (*Claimed as the best light commuter/recreation bike*) is 15kg AU\$5800, or

[Specialized Turbo Como 3.0 650B](#) Low Step-thru, at 17kg AU\$4800, or

[Orbea Vibe H30](#) or [Cannondale](#) at ≈14kg with a with rear [Mahle X35](#) hub motor ≈AU\$4000 (hub drives are [controversial](#)), or

[Torque 1 \(ridescoozy.com\)](#) really basic at 17.2kg, ✗ no gears, ✗ rear hub motor, ✗ limited range 350Wh, ✓ Est AU\$2000.

The motor system normally adds up to 8kg to the weight of a bike. The motor itself is generally between 3kg and 4kg, although some units are a bit heavier. The battery between 2kg and 3.5kg depending on its capacity: the bigger the capacity, the more it will weigh. Then the rest of the cables and controllers are about 1kg. Add to that a beefed-up frame on some bikes.

The dynamic stability of your ebike is important. [Recent studies have suggested that no single theory](#) is solely responsible for the stabilizing force of a bicycle, and that everything contributes to balance and stability. But designers rely on a few common, known theories such as the gyro effect, the caster effect, and calculations that include a bike’s trail, offset and rake. What is accepted is small wheels are less stable than 26-29” wheels and keeping weight lower on the bike contributes to greater stability. Frame mounted batteries are constructed so that the Powerpack sits close to the centre of your eBike, and mid drive motors sit as low as can be safely achieved in the bottom bracket both of which provide greater stability. A hub motor in either front or back wheel sits higher and if the battery is rear carrier or handlebar mounted the higher weight distribution will create a less stable bike. I guess we all knew that basket hung on the handlebars and that overloaded top bag on the rear carrier does not help balance.

(Anecdote: Eric learnt all that as a 12-year-old delivering groceries - 30kg cartons one on the handlebar and one on the rear rack. Yes, 65 years ago my first regular job was riding a bicycle for reward, delivering groceries – I never broke a single egg. We rode ordinary [fixies](#) with drop bars turned upwards. Fixies meant you could slow down by pushing back on the pedals. When steadying a carton of groceries with one hand the bicycle brakes were not always reachable; in any case stopping quickly was rather detrimental to the groceries. Luckily, there weren’t as many cars to dodge in the mid-1950s and youth’s balance is automatic”.)

Do not be deterred from riding an e-Bike: once the risks are properly considered and necessary precautions are taken, it is important to remember that e-Biking is a great tool for improving one’s physical and mental health and can be used safely.

How to mitigate e-biking risks for senior riders?

So, what are some ways that elderly riders can address these risks and issues?

When it comes to vision and cognitive functions, it is a good idea to consult your healthcare practitioner to undergo any necessary tests to determine whether it is safe for you to maneuver an e-Bike. There are also many activities a person can do to help improve cognition, as well, such as meditation, brain-training games, and proper sleep. O

Next, it is important to find an electric bicycle that works best for your physical needs. If you are worried about stability and balance, for example, you can reduce the risk of falling on your ride by considering a few different options.

One good option is the **step-through frame** e-Bike. This type of e-Bike allows you to step through the frame quite literally since it does not have a top bar. This is particularly effective for riders with limited mobility or other mobility problems (ie. hip, knee, and balance issues), as this means you can get seated on your e-Bike effortlessly, reducing the risk of falling when getting on and off the e-Bike.

To address the issue of weakened strength and muscles, one should remember that introducing an activity like e-Cycling into an older person's life, who are often sedentary due to many exercises being otherwise too strenuous, can inevitably help to strengthen the body and improve overall fitness. However, older riders should start off with light e-Bike rides, and only build up intensity and mileage slowly.

One should rely as much as possible on the pedal-assist feature, adjusting as necessary, as the reliance on the electric power will make the riding process much easier than many other forms of exercise. However, because of this feature, this makes the speed of e-Bikes faster as well, so riders should be wary of this when riding. Consider going on a test ride in a low-traffic area first, to test out your ability to start and stop safely and efficiently.

If you are dealing with any vision-related issues, ensure that you ride only throughout the day when there is sufficient light, to lower the risk of reduced visibility at night. Riders should also make sure they are wearing bright or reflective clothing to be clearly visible to other vehicles on the road.

Older riders should also be wary of extreme weather conditions like rain, ice, or snow, and should avoid riding in these conditions to decrease the risk of injury (since these weather conditions can cause poor visibility and an increased chance of slipping and falling).

E-Bike riders should also ensure that their e-Bikes are properly serviced before riding, in order to ensure that the brakes, positioning, and other important functions are safely in effect. The best way to do this is to visit your local e-Bike shop and consult a professional.

SARCC recommend if you are a new e-Bike rider, do ride with a friend or in a group until you feel confident with your new assisted pedalling machine. It is safer and more reassuring to know assistance is with you. When you are ready to go solo do take your smart phone you are unlikely to ever need to "phone a friend" but it is really nice to know you can.

The benefits of riding an e-bike for seniors Web Article: [Benefits of cycling for the elderly: Cycle your way to health](#) ←link

It is not difficult to find various personal stories and studies showcasing elderly riders whose lives have been changed for the better through e-Biking. As mentioned earlier, many older people are otherwise quite limited in terms of the physical activities they can do. However, staying sedentary can be detrimental to one's health, and can contribute to further health problems and complications. So ultimately, doing nothing at all in terms of physical activity is a lose-lose situation, since staying active is one of the best things one can do to prevent further health deterioration (and can even help to manage current conditions).

Therefore, e-Bikes are a great solution and option for those looking to find a safe and light exercise that will still benefit their fitness. Not only that but providing a method of transportation to the elderly brings forth a sense of freedom and mobility that is often taken away from many (especially when the option to drive or walk long distances is no longer an option).

And consider this: even for those of you who are still able to drive a car, that's still a sedentary activity, so e-Biking can introduce some much-needed activity into your life regardless! Many riders even remark that they can go grocery shopping (with an adequate paniers, or trailer) with their e-Bikes, bringing simple pleasures back into their lives.

Because of factors like these, many elderly riders have noted that e-Biking has helped them lead to happier lives, a better quality of life, and improved mental health, as well as improved longevity in many cases.

Ultimately, **e-Bikes are a low impact exercise** option and are widely recommended for anyone dealing with any type of physical barriers, whether age-related or not.

The many accounts of riders dealing with hip replacements, arthritis, heart disease, and various other barriers in conjunction with old age who have found a new way of life in e-Biking are extremely encouraging and help to further showcase how reliable an option e-Biking is for senior riders.

So long as one carefully observes all the risks and addresses them accordingly, e-Bikes are an effective and overall safe option for physical activity for all age groups!

In the first SARCC photograph below there is not a e-Bike in sight in 2019 by 2021 a third of SARCC riders own Ebikes.

