

2024 is the Year of the Dragon

Celebrations last up to 16 days, but only the first 7 days are considered a public holiday in China (February 10th–February 16th, 2024). [Chinese New Year 2024](#)

Valentine's Day 2024

Wednesday, February 14

Valentines Day is a day that many Australians celebrate with someone they love. All you romantics please try harder not to forget in 2024 ❤️

Sunday Pleasure Rides: Organiser – Helen Tetley. 0466 870 177



February 4th 2024 Woorabinda Bushland Reserve & Surrounds Meet at Bridgewater Oval ready for 10am departure. Mostly paved surface but does have some sections not suitable for road bikes. In Woorabinda Bushland Reserve may need to walk bikes for 500m if the reserve is busy. Coffee option at end of the ride at Bridgewater or Stirling (decided by a show of hands). See also

<https://ridewithgps.com/events/294145-sunday-pleasure-ride-leader-sven-ride-tb> Sven H. 0410 271 717

February 18th 2024 Mawson Lakes

Meet at Victoria Square at 10am and ride to Mawson Lakes for BYO or buy lunch. Optional coffee stop on the way back at Nest Bistro. See also <https://ridewithgps.com/events/294045-sunday-pleasure-ride-mawson-lakes> Paul D. 0427 537 836

Thursday Rural Rides Thursday rides are regularly 20+ riders; in hill topography that creates a challenge. To compensate each ride will have a 2nd leader so we can split into 2 comfortable groups if needed. - [Sharon Moyle](#) Thursday Ride Organiser

Feb 1 st	Sven	0410 271 717	10 a.m. Lyndoch	Coffee Angaston, lunch Tanunda. 51km	
Feb 8 th	Trevor	0401 717 031	10 a.m. Woodside Pool car park	Some unsealed roads	
Feb 15 th	John G	0404 081 724	10 a.m. Woodside Pool car park	Some unsealed roads	
Feb 22 nd	Sven	0410 271 717	10 a.m. Woodside Pool car park	Some unsealed roads	
Feb 29 th	Bernie	0497 298 420	10 a.m. Woodside Pool car park	Some unsealed roads	

PERFECT ride Sunday February 25th from Kanmantoo at 9am with Sven H. TBA

Western Australia 2024

We are planning two tours in Western Australia in April and May this year.

- A leisurely [Exploration of Perth and Surrounds, Mainly on Bike Paths](#). This tour is proceeding and is now full. We will waitlist additional participants.
- Bikepacking for [11 days of the Munda Biddi MTB trail in WA](#). Expressions of interest are still being sought.

More Tours being planned – watch this space

7th January was the first SARCC Sunday Pleasure Ride for the year.

What a good way to start the Sunday Pleasure Ride for the New Year. It was led by Helen Tetley at a good pace. We had only 8 riders with a new member Terry joining us. A lovely ride through the suburbs from West Beach sports grounds into the city via the Torrens Linear Park then a loop around the Parklands. We stopped for a snack and a drink at the new Quentin Kenihan inclusive Playspace. A fascinating collection of play facilities; musical instruments' climbing and trampolines but most importantly facilities that can be enjoyed by the disabled – plus a picnic table, shelter, and BBQ.



Back on the bikes for a loop through Unley arriving just in time at our sheltered lunch stop at the Millswood Orphanage, before the sky opened up.. On the way through the SASMEE Lane by the pedestrian Crossing of the railway line we met Baldwin the Safety Bear. He was surprised to see us all wearing Hi-Viz vests and orange raincoats and crossing the line very carefully.

Despite a dismal forecast the rain held off till we sheltered for lunch and the finish of the ride was in glorious sunshine. We stopped for coffee at the West Beach Caravan Park coffee shop where Terry demonstrated his gadget, a Garmin Varia with a rear-mounted camera and vehicle sensor on the back of his bike. This Gadget connects to his Garmin GPS, which shows any cars approaching from behind. This even sends a message if the bike is hit or falls over to a predesignated mobile number. Go to [D C Rainmaker](#) or Terry's advice is go to the Garmin Stall at the TDU stand in Victoria Sq – which sadly will have gone by the time you read this.

Thank you, Helen, for an interesting and pleasurable ride with great company. Join us soon for more riding adventures with the Sunday Pleasure Rides. The program is on the SARCC website and all are welcome.



Ride With GPS  try it you will not be disappointed!

To Wax or not to wax?

a question asked and answered in the following Blog:

[Is Chain Waxing Worth It? | The bicycle mechanics' blog \(bmcr.com.au\)](#)

The answer is provided by **BIO-MECHANICS CYCLES AND REPAIRS** 260 Waymouth Street South Australia 5000

This is not about wax removal of hair on your legs or any other body parts to improve aerodynamics, but it might as well be because the conclusion is that for recreation cycling chain waxing particularly hot-melt waxing every 150-200 km is a waste of time, effort, and money - it is a fad; but please read for yourself.



Sunday January 14th PERFECT ride

was perfect in every way. Covering a distance of 70.5 km in a clockwise loop, the ride had 1,079 m of climbing, with gravel accounting for 96% of the route and the only bitumen occurred within the Mt Pleasant township itself where we started. Commencing at 8 am it was a refreshing 16°C. However, the temperature gradually rose to a comfortable 25°C by the time we concluded the journey at 3:20 pm. Throughout the ride, we encountered a mere eight passing vehicles, but four were motorcycles – do they count?

Embarking on this adventure were four riders – Peter H, Pete B, Kevin B, and Chris J. Our ride began in a northwest direction, taking

us through Mt Crawford Forest's northeast section. The highlight of our route awaited just beyond at the 20 km mark, where we reached the ride's peak elevation of 545 m. Crossing the main ridge separating Pewsey Vale and the Flaxman Valley, we were treated to some fine views as the clouds dissipated. Along the way, Peter B remarked on the vineyards perched atop these hills and Kevin B enlightening us on the necessity of cold winter weather for the Riesling variety to thrive. Notable discussions ensued, touching on topics ranging from bike parts and touring adventures to personal histories and the occasional joke. Anticipating the challenges ahead, we strategically incorporated regular drink and chat stops, amounting to 1.5 hours throughout the ride. Lunch was a well-deserved thirty minute break at the halfway point, chosen where the lush western ranges transitioned to rockier, drier eastern slopes. As we turned south, the landscape surprised us with its verdant valleys, particularly around Saunders Creek. Returning to Mt Pleasant, we conquered a 336 m ascent over 13.4 km, followed by a delightful stretch of rolling hills to the east of Springton. Halfway through our adventure, Chris J disclosed that this was his first group bike ride in over four years. He tackled the ride with determination, and even though weary by the end, his good spirits prevailed. We look forward to welcoming him on future rides. Concluding the day with a cool drink, we relished the sense of accomplishment and the camaraderie forged during this perfect PERFECT ride.

Pete Boulton captured the journey with **55 photos** which can be found on RWGPS <https://ridewithgps.com/trips/143188554>



Rewards:
Camaraderie
Scenery and!

SARCC SPECIAL EVENT: Men's Tour Down Under Stage 2 Adventure 16th Jan 2024.

Four SARCC members met up with three Retire Active (formerly ARPA) at Woodside carpark and set off to follow the men's TDU stage two loop around Lobethal, Gumeracha, Cuddly Creek, Fox Creek and Lenswood. Our wheels hit the road simultaneously with the professional cyclists starting from Norwood, giving us a reasonable head start. We reached Gumeracha well ahead of the pros, affording us the luxury of securing a prime trackside table at a delightful coffee and cake venue.

As the TDU racers whizzed by, we marvelled at the breakaway riders, the colourful spectacle of the peloton and their wind draft. After the green car's clearance, we embarked on the Fox Creek leg, heading for the King of the Mountain viewing point via Cudlee Creek. At this juncture, the group split, with the ARPA riders opting out of the challenging 5km climb with gradients reaching up to 14%.

When we arrived, the live commentary over the tannoy provided insightful updates, making the brief wait for the TDU even more enjoyable. Witnessing the peloton make its way around corners and up the steep climb was a great spectacle. Once the cyclists

passed, we powered our way to the finish line. The climax awaited us as we saw the dynamic Mexican rider, Isaac Del Toro, outfoxing the pack and clinching victory at just 20 years old. The question lingered – could he be the next sensation in men's tour cycling, perhaps even a future Tour de France champion? Unfortunately, our paths diverged from our ARPA counterparts in the bustling crowd, and we never had the chance to reunite.

Cycling along virtually traffic-free roads, typically bustling, was a genuine pleasure. The few considerate motorists, predominantly comprised of TDU officials, made our journey smoother, providing ample space and slowing down in their support of the myriad amateur cyclists sharing the road.

The route, lined with cheerful spectators, featured vibrant groups of interstate and international riders. A melting pot of cultures, we encountered cyclists from all Australian states, New Zealand, South Africa, Spain, Mexico, Scotland, and beyond. Engaging in friendly conversations while passing them or being passed or waiting at a viewing point added a delightful layer to our ride.

In summary, our 46km cycling adventure unfolded on a splendid 23°C Day, offering not only a fantastic physical challenge but also an engaging spectacle. The Tour Down Under proved to be a perfect blend of camaraderie, scenic routes, and world-class cycling entertainment.

