

# CYCLE

THE MEMBERS' MAGAZINE - No. 199  
AUGUST TO OCTOBER 2023

A cyclist wearing a black helmet and a black t-shirt with "TRAIL SCAPES" on the back is riding a mountain bike on a dirt trail. The trail is surrounded by trees and a large tree trunk is visible on the right. The background shows a valley with green fields and a cloudy sky.

## COMMUNITY CYCLING NEWS

» BRACE YOURSELF  
FOR MELROSE'S  
EPIC NEW  
ADVENTURE RIDE

» PARKING'S PART  
TO PLAY IN ACTIVE  
TRANSPORT  
EXPANSION

» JOIN US FOR A  
BIKE-LOVERS'  
MOVIE NIGHT  
CELEBRATION



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Front cover image:

The new Epic trail around Mount Remarkable in Melrose has so much to offer.

(Photo courtesy of Trailscapes)

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### Contributing to Cycle

Have you something you would like to contribute to *Cycle*? If so we'd love to hear about it. Please contact the Bike SA office. Email: [office@bikesa.asn.au](mailto:office@bikesa.asn.au)

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## CYCLE

Cycle is published quarterly

ISSN: 2208-3979

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## CHIEF EXECUTIVE'S NOTES

BRETT GILLETT



### BUILDING THE FUTURE OF HEALTHY BODIES AND HEALTHY CITIES ONE LESSON AT A TIME

Of all the duties we undertake here at Bicycle SA, one of the most understated but - at the same time - most important to everything our organisation works to achieve, is our impact on the young.

Demonstrating the freedom, the beauty, the opportunity and the equity that the bicycle represents to those who will become the next generation of leaders and advocates for the cleanest, healthiest, fairest and most sustainable form of transport is a responsibility (and a tremendous opportunity) that we do not take lightly.

Being able to talk to those whose minds have not already been closed to all but the one-track transport philosophy that has caged us for the better part of a century, to those

whose imaginations still run wild with limitless possibilities and a sense of wonder is a rewarding and invigorating experience every day for our dedicated instructors.

Because it is here that we go about our work, not just to teach children how to safely expand their horizons via wheels, legs and pedals. But to also instil a love and appreciation of cycling into the next generation so that they will become the ones who will have minds open to the notion of sharing the road with safety, respect and consideration for all, regardless of their transport mode.

So that they can see that, whatever obstacles they may see before them, a little bit of effort (some power through the pedals) may be all it takes to not only defeat those obstacles but to turn them into opportunities and more than a little bit of fun.

Riding a smooth road (the easy way) is fine. It's the path of least resistance, the way most of us have defaulted into living our hectic lives. But when you build the confidence and determination to ride the rough tracks, you can do more than you ever thought possible and find the key to doors in your life you never knew existed. As poet Robert Frost wrote: "Two roads diverged in the woods and I took the one less travelled by, and that has made all the difference".

These are the fundamentals of our **Way2Go Bike Education** program, our **Bikes Palya**, **Team BSA** and **Bikes Active** programs. And for more than 25 years we have taken every opportunity, sought every grant and program and ventured across the full breadth of South Australia to build

confidence, strength, knowledge and initiative into SA children and youth. And to show them how much cycling can offer them so that they can grow up and continue to ensure others live up to the Bicycle SA motto - Better me, better life, better world.



ON PAGE 12 OF THIS ISSUE

you can read about the latest work of our Bikes Palya team and understand the lengths that they go to and the passion they pour into every chance they have to inspire children to fulfill their potential.



## PRESIDENT'S NOTES

MAUREEN MERRICK



Our Patron, Keith Conlon, has been leading the 'Ride with Keith' recreational bike rides each Wednesday for the past eight years. It is a 'relaxed pace' bike ride along Adelaide's bike paths and quiet streets, including the Linear Park and, of course, the city's parklands.

The 90-minute, informative and social ride commences at 9:00am from Bicycle Express in Halifax St and returns by 10:30am for coffee.

We thank Keith for giving his time and sharing his wealth of knowledge of Adelaide, including its bike paths, quiet byways and beautiful parklands with us.

For further details, contact Aaron on 8232 7277.

We are so pleased that the Unley BUG has recently joined our rides programme. Their 20km leisurely Tuesday rides, for all levels of abilities, explores the various cycle paths of Unley (and beyond).

The ride commences at 9:30am and leaves from the Unley Community Centre, Arthur St, Unley.

Coffee follows at the end of the ride.

Monica may be contacted at 0415 042 468 for further information.

The Unley BUG also has recently introduced Saturday monthly rides. As well as their Winter Solstice ride in June, they have planned a Spring Equinox gravel ride in the Adelaide Hills for Saturday 23 September. The information notes

that 'the ride will involve a decent amount of climbing and all sorts of surface conditions' with plenty of stops along the way.

For further details of the June ride and Unley BUG's monthly rides, please contact Daniel on 0437 323 379.

There are more than 2000 organised rides, both metropolitan and regional, which make up our annual free Rides Programme. These rides are coordinated and led by volunteers, some of whom have been involved for many years. This is a great way to maintain one's health and fitness, explore both suburban areas and the ever-popular Adelaide Hills and Fleurieu Peninsula regions.

I would like to thank all our ride coordinators and ride leaders for their ongoing efforts in providing such a large and varied programme.



## NEW EPIC TRAIL IN MELROSE WILL BE A 38KM FEAST FOR MTB FANS

Get your gear ready, plan for a weekend off and get excited because the wait is almost over – the awesome new Epic trail around Melrose’s Mount Remarkable in the Southern Flinders Ranges is set to be opened in September.

The exact date has not yet been finalised, nor have the specifics of the opening celebrations, but after 14 months of patience by the South Australian mountain biking community and incredible hard work and creativity from Garry Patterson and his TrailScapes construction team, the new adventure awaits.

Bike SA believes the opening event is likely to involve state and federal dignitaries, visiting cycling media and significant activities, so keep an eye out online – including on Bike SA’s social media channels – as more details are released.

In the meantime, we can confirm that \$1.8 million has gone into the design, development and construction of



↘ Epic trail, stunning views

↗ The spectacular sight from high atop Mount Remarkable



Photo courtesy of the Department for Environment and Water



Photos courtesy of TrailScapes

this 38km monster ride experience which will add a massive new dimension to the Melrose trail network that is already highly regarded by local and interstate riders alike as a prime cycle tourism destination.

Like many other trails around Melrose, the Epic winds its way through private land – a situation permitted by the generous consideration of local landowners – but the Epic will also venture into Mount Remarkable National Park. By doing so, it will take riders through the previously unexplored western flank of Mount Remarkable.

“We are thrilled that the Epic mountain bike trail will soon be officially unveiled,” said Jo Podoliak, Director, Tourism and Commercial Services at the SA Department for Environment and Water.

“The trail was designed by SA company TrailScapes, who are construction specialists delivering high-quality trails with minimal impact on the surrounding environment. And it was done so in close consultation with the Nukunu Wapma Thura Aboriginal Corporation, who represent the land’s Traditional Owners, to ensure it does not disturb any sites of cultural heritage significance and to ensure cultural respect.”

Epic is not just a randomly picked name and it is certainly not an idle boast or a piece of hyperbole. It is an official designation by the International Mountain Bicycle Association that refers to specific characteristics of the trail.

To meet Epic standards, a trail must be “a demanding adventure in a natural setting, which is technically and physically

challenging, more than 80 per cent single track and at least 32km in length.”

It must be, according to IMBA, a true backcountry riding experience, an immersive ride that is technically and physically challenging, beautiful to behold and worthy of celebration.

Consider that box ticked.

The one-way trail – which was first identified in the Southern Flinders Ranges Regional Tourism Authority’s 2008 Cycle Tourism Master plan - was a major component of the \$10 million Remarkable Southern Flinders Building Better Regions Fund agreement, which is a partnership between commonwealth and state governments.

Its significant length features 1500m of elevation and a 6km offshoot descent linking the Epic trail to the popular Willowie Forest MTB trails north of Melrose.

Ian Darbyshire, CEO of the Foundation for National Parks and Wildlife, said he was excited by the imminent unveiling of the trail that gives people a different opportunity to experience the unique beauty of SA’s national parks.

“This is just another way where future generations will be able to enjoy the work we are all doing together in growing national parks and saving threatened species,” Mr Darbyshire said.

The Statewide Trails Strategy, launched by the Department for Environment and Water in April, says SA has the ambitious goal “to be positioned as a leading destination for trail experiences”.





⤴ The new Epic trail around Mount Remarkable in Melrose has so much to offer



∨ The Epic trail cuts across the mountain

⤴ Testing out their work

The Epic trail is a part of that and, given the experience it offers, it can confidently be expected to deliver on the strategy's intentions to "bring health and wellbeing benefits and job creation ... and encourage the state's economy by providing opportunities for trail-related tourism, enterprise and sport development".

Trail builder Garry Patterson of Trailscapes said the new trail would virtually guarantee such benefits as the strategy envisions.

Garry, who built his first trail in 1991 and has been operating nationally as Trailscapes since 2007, said the hard rock of Mount Remarkable inflicted more damage on his equipment than he usually incurs in 10 years. It was the toughest job of his career but, he insisted, also the most rewarding.

"There's the stunning views everywhere you go, the incredible landscape of the mountain and the fauna as well – this trail was just an exceptional experience," Garry said.

"When you get to ride it, you'll have no idea how tough it was just to flag that trail, so tough to walk through those scree slopes but when the trail goes in it's so rewarding and the views are absolutely breathtaking. People will be doing more than going for a ride, this trail is an absolute experience, there's no doubt about it."

Although one of the key challenges of the trail is the steep gradients of the climbs and the frequently rocky surface, Garry expects the Epic to have very broad appeal and said it would cement Melrose and South Australia in general as a first-class cycle tourism destination.

"It's designed as a blue trail. You'll need some bike-handling skills and some fitness – it is a 38km



trail – but it's not just for experts," he said. "It's tough but we do have a bailout option with the descent into Willowie Forest after the climb.

"This trail is the equal of any Epic-style location in Australia. And the beauty of this particular trail is that it's the only Epic I know of that starts and finishes in the same spot."

From Garry, the high praise for the Melrose Epic is well founded in long experience. Trailscapes, which also built the Willowie Forest trails, is also responsible for dozens of other projects across Australia and overseas, including the Indigo Epic Trail between Beechworth and Yackandandah in

Victoria's High Country – 56km of singletrack which has also generated plenty of enthusiastic feedback.

Don Norton, president of Bike Melrose and a local tourism and accommodation provider, said the new trail would "make for an amazing day out".

"Compared to other Epic trails around the country, this is going to be a big one for many reasons," Don said. "For one thing, you leave straight from town, you don't have to get on a shuttle bus. Within three minutes of riding out of any accommodation in town you will be on the trail itself. You get different views all day and when



...continued from previous page

“**WITHIN THREE MINUTES OF RIDING OUT OF ANY ACCOMMODATION IN TOWN YOU WILL BE ON THE TRAIL ITSELF. YOU GET DIFFERENT VIEWS ALL DAY AND WHEN YOU FINISH THE TRAIL, YOU’RE BACK IN TOWN. YOU START OFF WITH A BEAUTIFUL CLIMB AND YOU FINISH WITH A GREAT DESCENT. IT’S PICTURE PERFECT!**”

you finish the trail, you’re back in town without needing a shuttle bus and virtually without hitting a major road.

“You start off with a beautiful climb and you finish with a great descent. It’s picture perfect!”

Don said that, from what he knows of the trail, it would not only attract riders who already enjoy Epic trails elsewhere but that it would bring a lot of other cyclists into that realm of epic riding, who haven’t experienced it before.

“We just can’t wait until we can ride it ourselves. And every time someone rings me from further afield, they ask when it’s going to be ready. There is huge interest and it’s going to be pretty popular,” he said.

Looking ahead, Don said he could already envision ways to expand on the investment that has already been made in the new trail construction and create

more riding opportunities.

“When you get to the top of the climb on the Epic, there’s another trail that descends down to the Willowie network. I think there’s scope to create more of those descending trails branching off of the Epic to create more links throughout the trail network,” he said.

When the trail opens, get ready to share the Melrose experience with a whole lot of new people. Membership of the Epic club brings the world to your door.

The Remarkable Southern Flinders project is funded by the SA and Australian governments and is supported by Regional Development Australia Yorke and Mid-North, the District Council of Mount Remarkable, Port Pirie Regional Council, Northern Areas Council, Foundation for National Parks & Wildlife and the Nukunu Wapma Thura Aboriginal Corporation.

✔ The Trailscapes crew sculpting the Epic trail



Photos courtesy of Trailscapes



## BIKE SA AND MELROSE CELEBRATE 20 FABULOUS YEARS OF THE FAT TYRE FESTIVAL

On the June long weekend Bicycle SA ventured north to be part of a celebration to commemorate a significant milestone for the South Australian cycling community – the 20th anniversary of the Fat Tyre Festival in Melrose.

We created the inaugural festival – bringing to life the vision of then CEO Peter Solly - and ran it for the first several years before handing it over to the Melrose community.

Over the next two decades it became a cornerstone of the SA cycling enthusiasts' calendar, boasting the rides, activities, entertainment and strong sense of community that has kept it running so successfully for so long.

And this year was no exception.

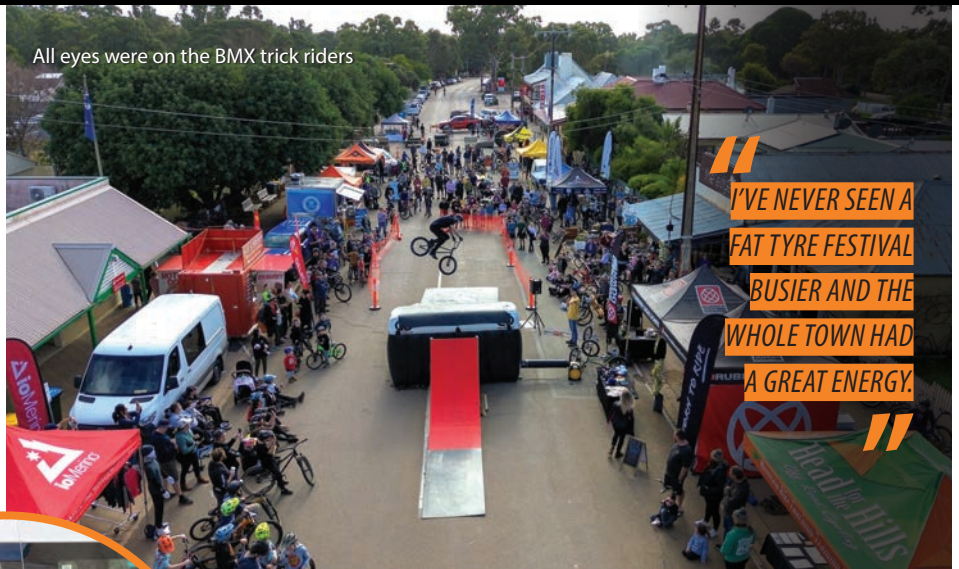
The June 9-12 festival that attracted thousands of local, interstate and even a few international visitors was sponsored by Spitwater and supported by stallholders including Rubber Side Down, Head for the Hills Cycling, Knarly, ioMerino, Bike Melrose and Beyond the Mount that kept the main street buzzing non-stop.

And, of course, both the bike shop and the café sides of Over the Edge were kept endlessly busy fuelling the action.

That main street buzz was highlighted by the awesome tricks and jumps performed by a team of daredevils and the physics-defying moto trials riding of six-time SA champion Connor Hogan.

There was fun and games for kids of all ages –

All eyes were on the BMX trick riders



**“I’VE NEVER SEEN A FAT TYRE FESTIVAL BUSIER AND THE WHOLE TOWN HAD A GREAT ENERGY.”**



*Don and Kristen Norton from Bike Melrose and Beyond the Mount.*

nature play, giant sumo-suit wrestling, archery tag, and the Melrose Museum’s ghost tours - throughout the weekend including two two-hour junior skills coaching clinics that proved hugely popular.

Led by experienced coach and all-around MTB legend Kevin Pullen, the clinics were maxed out with almost 60 kids aged 8-14 having fun and boosting their confidence on Saturday and Sunday.

Bike Melrose had their own stall at main street event hub for the first time, selling ride jerseys, fundraising and letting all the Melrose-loving trail enthusiasts know that it’s a small bunch of volunteers who are the trail fairies keeping their favourite mountain tracks in top condition.

“It was a really positive weekend, a great vibe,” Bike Melrose president Don Norton said. “And it was a great success for the Bike Melrose club as

well. Between the skills clinics, the jersey sales and some generous donations, we raised about \$2500 – all of which goes straight back into the trails.”

And those trails were packed throughout the weekend. Among the crowds were guided ride groups, including a women-only ride by Adelaide women’s ride group, the Foxy Creakers.

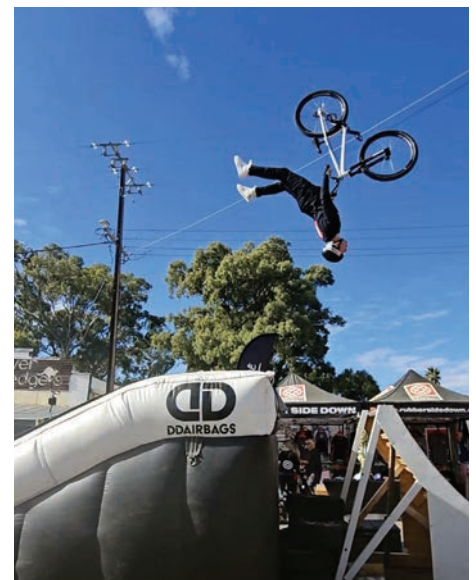
The 20th anniversary was capped off with a Gatsby-themed VIP event at Jacka Bros Brewery on the Saturday night where many of the generous and long-term supporters of the event including landowners, volunteers and sponsors were recognised and countless memories were shared.

Organiser Kerri Bruce said the 20th Fat Tyre Festival lived up to all their hopes to mark the special milestone. “I’ve never seen a Fat Tyre Festival busier and the whole town had a great energy,” she said.

Bicycle SA will always hold the Fat Tyre Festival in the highest esteem for its celebration of not only the activity but also the spirit, energy and community that cycling generates. It is a truly special experience, and we look forward to celebrating its success for many more decades to come.



Mind-blowing trials rider Connor Hogan





## MAWSON TRAIL MAGIC IS OFTEN FOUND RIDING NEXT TO YOU

Bob Wotring riding through the rugged Flinders Ranges



“IT WAS GREAT TO GET BACK TO BASICS. ALL WE WERE DOING WAS EATING, SLEEPING AND SPENDING TIME TOGETHER. IT WAS JUST GOLD!”

One thing is certain when you head off on one of Bicycle SA's Outback Odyssey adventures along the Mawson Trail – you are sure to share the ride with a wealth of interesting characters!

But even knowing that has been the case for 20 years, the 2023 Odyssey over 900 spectacular kilometres from Adelaide to Blinman introduced us to people with stories well worth sharing.

First among them was a young man who quickly became the most popular member of the expedition, and his determined, energetic and sentimental mother who deeply understood the value of sharing this experience with her boy.

In an event where the average age tends much closer to retirement than high school, 13-year-old Paul Whittome, from Perth, proved a delightful breath of fresh air for the rest of the riders. Paul and his mother Sue had initially planned to ride the Odyssey with his brothers Adam, 18, and Luke 21 but university commitments ruled the older boys out.

Sue, inspired by the photos and stories of friends who had ridden the 2021 Odyssey, remained committed and Paul was up for the challenge so, despite her lack of time to train as a working single mother, they arrived in Adelaide both ready

for the adventure of a lifetime.

“It was harder than I thought but it was also better than I thought,” Sue said after a well-earned dinner at the finish in Blinman. “I thought I would be supporting Paul but after the first day it was obvious that it would be the reverse. So that in itself was awesome and special and a really good learning curve for Paul.

“He really wants to do it again and I'd love to come back with the other two boys and do it as a family.”

Paul, in his quiet way, took it all in his stride but the Odyssey certainly left its mark on him.

“I loved the windmills around Burra, they were really good. But I loved all the things about being out in the bush,” Paul said. “I thought it was going to be a lot harder. I didn't think I was going to do as well as I did and it was great how friendly everyone was.”

The best part of the trip for Sue was the time it

gave her and Paul to really connect.

“When we were on the Riesling Trail, all we did was talk, just the two of us, for hours,” she said. “It was great to get back to basics. All we were doing was eating, sleeping and spending time together with none of that fluff and busyness of life. It was just gold!

“And everyone has been so nice. People have been outstanding. I could write a book of the things Paul has learnt on this trip that he would not have learnt at school.”

From the inexperienced, we switch to another great Odyssey character at the other end of the spectrum – veteran of decades of international cycle tourism, American doctor Bob Wotring.

The Hawaiian paediatrician made the long haul Down Under with his fellow medicos, friends and ride partners of 30 years, Mary Becker and her husband Rick Davis, who are a retired nurse and



Paul and Sue celebrating their ride at the finish in Blinman





# ODYSSEY RIDERS' RAVE REVIEWS



## OUTBACK ODYSSEY'S FEAST FOR THE EYES AND SOUL

Bicycle SA's exploration of the majestic Mawson Trail every two years on our Outback Odyssey gives us a welcome reminder of the incredible beauty of the Australian landscape. Soak in some of these timeless vistas from the 2023 Odyssey and inspire yourself to join us in 2025.



surgeon from Colorado.

They unfortunately picked up Covid-19 and had to leave the ride in Melrose but Bob enjoyed the exploration all the way to Blinman.

The trio have ridden all over the world together – from the Camino de Santiago across northern Spain to exploring the rivers of Germany, following the Adriatic coast from Venice to Albania and riding across Patagonia from Chile to Argentina, as well as a wealth of events within the US.

They take turns choosing their cycling adventures and the Odyssey was Bob's choice – and one he is delighted with.

"It was great, the organisation was fantastic," Bob said. "The support staff and food were great and overall I thought it was a fantastic ride.

"Rick and Mary also enjoyed themselves until Covid hit. They flew into Melbourne and rode their

bikes from Melbourne to Adelaide to start the trip so they had already had a couple of weeks of riding before we even set off.

"It was very beautiful. I liked the diversity of what we got to see – from very green in Adelaide through the vineyard areas all the way into the rugged Outback area.

"And it was a really good challenge. I'll probably come back to Australia again and if I have friends who want to come and do this trip, I'll do it with them."



*Outback Odyssey is great value for money given the 16-day event, amazing route, support, food and fantastic scenery.*

*Loved it - brought one friend from NSW in 2021, 7 friends this time in 2023, who knows in 2025.*

*Riding into Blinman knowing we had left Adelaide 15 days earlier and ridden all the way on our mountain bikes on gravel roads, 4-wheel drive tracks, and single track sections was a feeling I will never forget. It was exhilarating!*

*I thought that the event was excellent! Very well organized with an incredible group of volunteers.*

*Overall, I am grateful for the wonderful experience that I would not have been able to organise for myself. I loved all the supportive people, information and processes that took all the stress out of the experience and left me to have a joyful ride. I am very grateful to Bike SA for creating this event that I enjoyed so much.*

*Terrific event and good balance of challenge and enjoyment. Russell was outstanding as a ride leader. Enjoyed the camaraderie amongst the riders.*

*Loved the ride. The scenery was beautiful, riding surfaces were generally fabulous with a little bit of challenging thrown into the mix. Support from Bike SA was amazing.*

*It was the most well organised event I have ever attended.*

*It was a wonderful trip, very challenging at times but a great sense of achievement. The support was great and riding and scenery amazing. So much fun with friends.*

*I felt Bike SA did a fantastic job on all levels and the volunteers were brilliant.*





## HIP-POCKET MOTIVATION CAN IMPROVE CITIES AND FUND ACTIVE TRANSPORT PROJECTS



The Adelaide City Council faces the considerable long-term challenge of transitioning away from its financial model of being heavily dependent on car parks.

But the difficulty of this challenge cannot allow the council to put it in the too-hard basket and perpetuate the refusals of previous councils to support and encourage active transport in and around the city, a change that has been shown to deliver health, environmental, economic and social benefits to those who live, work, shop and socialise in Adelaide.

And they don't even have to venture into uncharted territory to begin that encouragement of active transport while giving the drivers of the most anti-social private vehicles a strong hip-pocket reason to think and live greener. The city of Lyon, in France, is already showing the way.

Lyon will become the first city in France to introduce parking charges according to a car's weight in a bid to dissuade drivers from using larger, more polluting vehicles. The charges - scheduled for 2024 - are aimed at encouraging people to use public transport or use smaller, less-polluting cars.

Now, that seems like a great idea to reduce pollution and encourage greater use of public transport, but how - we are sure you're asking - would it have an impact on active transport?

Well, we propose the City of Adelaide takes it a step further. They already draw an enormous income from parking fees so, having implemented this fee increase for oversized vehicles, it should not just pocket it or continue the spending status quo.

No, it should set aside that revenue to fund the active transport infrastructure and incentives that the rest of the world has embraced but it has studiously ignored over the past four years.

The French scheme uses a pay-by-the-month system of a pre-identified vehicle. But surely with the camera systems already in place in so much of our public infrastructure, a method can be made to institute variable charges based on size for

*In a city environment, there is no reason these giant trucks shouldn't pay considerably more for valuable space than this tiny city car. Which would you rather share your environment with?*

casual parkers. And those with reserved long-term parking spaces can simply be required to identify the vehicle and pay accordingly.

As the French pointed out in their reasoning for the decision: "Heavier vehicles have a much greater impact on the climate. They consume more fuel, require more materials to build, and, in electric vehicles, need much larger batteries. The accidents they cause are more serious (particularly for tall vehicles such as SUVs), braking emits more fine particles, and they take up more public space."

It is a win-win proposition for the council as well as for people living and working in the city environment. If drivers don't want to pay the extra fees they will consider a smaller, cleaner, safer, quieter vehicle, which benefits everyone. Indeed, imagine the joy of other drivers when they no longer require the skills of a contortionist to get into their car because they are not squeezed in next to an oversized off-roader.

**THE EXTRA FEES WILL ALLOW THE COUNCIL TO JOIN THE RANKS OF CITIES ACTING TO SUPPORT AND ENCOURAGE HEALTHY ACTIVE TRANSPORT WITHOUT HAVING TO FIND THE MONEY ELSEWHERE IN THE BUDGET.**

And if they are unwilling to part with their dirty, dangerous monster SUVs and 4WDs, the extra fees will allow the council to join the ranks of cities acting to support and encourage healthy active transport without having to find the money elsewhere in the budget.

There will inevitably be those who will say this is unworkable, unreasonable, unnecessary. But they are the same ones who will continue to cling to the comfortable status quo right up to and beyond the point that it becomes too late to make the changes that benefit everyone ... including them.

The world is telling us that the need for change has been with us for a very long time. Increasing numbers of South Australians are telling us that this is the change they want and that no, it's not ok to have an endless number of single-occupant three-ton 4WDs streaming into our city centre each day.

And there is only so much longer that Adelaide's leadership can hope no one will notice that they - in this ideal cycling city, the home of the Tour Down Under with our mild Mediterranean climate in the driest state of the driest continent on Earth - have done nothing to seize the opportunity to usher in the necessary changes that so many other cities around the world have embraced.

We notice.

People should retain the right to drive what they wish. But that doesn't mean that society at large can't make them pay for that right, particularly when that choice has such a demonstrably negative effect on everyone else.

Not everyone is going to commute by bike, we know that. But the time has long since passed where we can no longer assume - much less plan - that most, if not all, of us are going to be able to go from door to door in a private motor vehicle. Particularly, it must be noted, in motor vehicles that in recent years have grown dramatically larger and heavier in a trend that one member of the Lyon council has branded "auto-obesity".

This isn't a fundamental shift, a seismic, difficult adjustment that we are proposing. And, particularly in the context of the never-ending arms race of vehicle-size one-upmanship that is so pervasive today, it is a moderate suggestion to restore some balance and enable some real diversity of choice and opportunity in our city's transport and parking environment.



## BROOMBALL CHAMPIONS MAKE FOR CHAMPION BIKE SA INSTRUCTORS

Many of Bike SA's education staff already enjoy rock star status when they stroll into the schoolyards.

They're young, they're cool and they get the kids out of the classroom and zooming around on bikes – cool factor: infinite!

But now, more than a few of them can add "National Champion" to their cool-factor resumes after they formed the backbone of South Australia's teams contesting the Australian Broomball Championships in Adelaide over the Anzac Day long weekend.

If you don't know what broomball is, imagine ice hockey but with shoes instead of skates and a ball instead of a puck. But what's most important to know about the sport is it's unique, it's cool, it's fun and it is intrinsically linked to Bike SA via our education crew.

//  
TEACHING FOR BIKE SA IS SUCH A FUN JOB AND BROOMBALL IS SUCH A FUN SPORT. THAT'S WHY THEY GO HAND-IN-HAND, BECAUSE THESE BROOMBALL PEOPLE ARE HAPPY PEOPLE SO THEY WANT A HAPPY JOB.

"Teaching for Bike SA is such a fun job and broomball is such a fun sport. That's why they go hand-in-hand, because these broomball people are happy people so they want a happy job," Bike Education co-ordinator Kate Irvine said.

Kate, who is also Broomball Association of South Australia President and captain of the elite women's team at nationals, is the pivotal link

between the two scenes and is widely known as "the recruiter" for her knack for enticing people from one organisation to the other.

"I've brought instructors to broomball a couple of times but it usually doesn't work as well. But broomballers to teaching seems to work really well. The ones coming out of broomball have been some of our best instructors," she said.

"Brydie, our newest recruit from broomball, we've been working on her for years."

Speaking of the best, the SA elite women's team won the championship in an overtime thriller, the second women's team finished fourth and the men's team placed second.

Kate was the women's tournament's top scorer while fellow instructor Abi Mortimer was named the women's MVP. Both were named in the women's All-Star team which puts them in the national squad for the world championships in France next year.

Kate was pulled into the sport by a friend back in 2003 and is hooked for life. While it is highly competitive, it's also very social and – on and off the ice – there is a constant spirit of fun.

All of which makes for great instructors. People who are committed and serious when things are important but are still full of life and laughter make for great teachers.

And it's a unifying factor for the whole education team. Even those who don't play still want to hear the scores at work on Wednesdays after the Tuesday night local league games.

And BSA's Educational Development Manager Kay Davis knows the value of supporting the instructors in their sporting passion.

"Kay backs us so much it's incredible," Kate said. "If we have nationals or worlds, she will go to extraordinary lengths with the roster to let us play. Everyone appreciates her for that so much."

Goals, teamwork, high energy and the ability to slide over the rough patches with a smile. It's wild to think you'll find so many of the attributes of a great instructor in a sport that you didn't know existed until five minutes ago.

Cycling in all its forms dominates discussions in the Bike SA office. But, sentimentally at least, broomball makes a great case to take a close second place.





## BIKES PALYA'S BIG IMPACT IN ISOLATED COMMUNITIES

Skills and smiles all round at Leigh Creek Area School



Excited boys ready to fly around the new Yalata track



David with happy riders at Copley



Metrics on the success of a program or an assignment can be hard to quantify. Particularly in the area of education, impacts can sometimes only become clear over long timeframes.

But then there are other projects that are much more obvious. And if accountants were able to accept smiles as an obvious and quantifiable measure of success, our Bikes Palya latest efforts would certainly lead the way.

The new BMX track we constructed in Yalata, 200km west of Ceduna, is one such program. The track, designed and built by Bikes Palya instructor Brad Grantham and topped with bitumen by West Coast Bitumen in July, thrilled the local youngsters.

They were so keen to test it out, they bolted on the first part of the track as soon as it was barely cool enough to touch. They were riding it while the workers were still laying bitumen at the other end and their excitement and enthusiasm made the long days of hard work entirely worthwhile.

Meanwhile, in April, Bikes Palya instructors David and Antje went to Leigh Creek and Copley, 550km north of Adelaide, for a maintenance workshop and school program.

The maintenance session at Copley boosted the skills and confidence of the adults in the community and made many bikes ride-ready again, to the delight and excitement of the children.

The four-day program at Leigh Creek Area School was a particular success. It lifted school attendance rates and student engagement levels all week. It also boosted their bike skills and road safety knowledge, brought 17 bikes back to good repair and – most importantly – showed the children how much fun it is to get out and ride.

School officials were delighted with the program and with Antje and David, saying “it has been a wonder having them up here”.





## NEW LOOK FOR BIKE SA FLEET A FRESH FACE ON THE SAME MISSION

After enjoying its faithful service for many years, Bike SA has finally said a sad goodbye to its venerable old bus and is looking forward to a brighter, bolder future with our freshly branded work fleet.

With the unmissable new signage, the new van, along with the existing education vehicles, will be

particularly noticeable as they run around town – and often to every corner of the state – ferrying bikes, volunteers, event equipment and, of course, education instructors from one task to another.

The old van seemed like our very own Tardis – swallowing so much equipment it had to have been bigger inside than outside – but these new



The long-serving old van



The newly signed work vans

vehicles dwarf it, allowing us to achieve so much more with them.

We hope the clear Bike SA branding and safety messages garner plenty of attention for our organisation and if you happen to see them out and about, take a photo and share it to our social media pages to help spread the word.

These vehicles are here to help us and we are here to help you, our valued members, as we work towards more, safer and better cycling throughout South Australia.

## MELROSE PAIR READY TO GO ABOVE AND BEYOND

Bike Melrose stalwarts and mountain bike-friendly accommodation providers at Under the Mount in Melrose, Don and Kristen Norton, have started a new endeavour to expand your potential for adventure in the Flinders Ranges.

Beyond the Mount, their cycle tourism operation, offers everything from skill-development days or day trips around Mount Remarkable, Wirrabarra and Willowie right up to six-day adventures from Blinman back to Melrose. And if you have your own challenge planned, they can customise a trip to suit your needs.

“If you can imagine it – in SA’s mid-north or the northern Flinders Ranges – chances are the

Beyond the Mount team can get you there and back while also making the most of every mile,” Don said. “Just phone us and talk it through.”

They opened Under the Mount at Easter 2016 and now they are launching this expansion after years of feeling there was a demand within the cycle tourism market that was not being met.

“We saw that the Mawson Trail was popular but that there was no mechanism to get people around to explore it with real flexibility,” Don said. “We aim to fill that gap.”

They had already been planning the business venture for 18 months before their launch at the

20th annual Fat Tyre Festival in Melrose over the June long weekend and even on the first day of the festival they had already taken inquiries for their first tour.

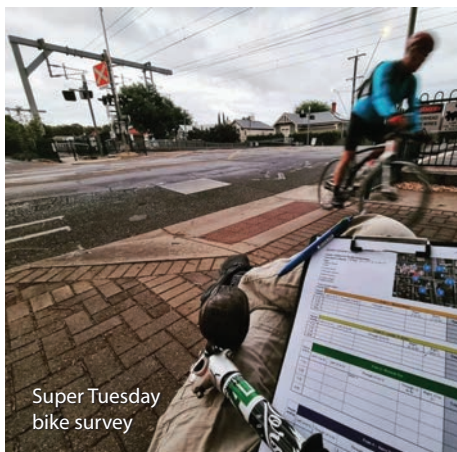


Don out and about with some off-road adventurers

Their new mini-bus is a 12-seater, but they limit tours to 10 in the interests of comfort.

Contact them on 0418 855 513 or at [themount.au](http://themount.au)

## SUPER TUESDAY DATA DELIVERS SUPER NEWS TO CLEAN, GREEN, HEALTHY TRANSIT USERS



Super Tuesday bike survey

The numbers have been crunched from the annual Super Tuesday cycling survey that took place in March and the results are very encouraging for those who hope to see improved consideration and infrastructure for cyclists.

The data indicates an increase in the number of cyclists counted – despite the adverse weather on the count day - and a greater number of count sites, indicating a greater desire for better and more diverse information.

There was an 11 per cent increase in the number of cyclists counted when comparing 53 of the same sites used in 2022. But this year the counting sites grew to a record 83, up from 57 last year.

Cyclist numbers in the City of Adelaide grew by 13 per cent compared to 2022, and nine per cent across the suburbs. The increases can be attributed to more people returning to work in

the city as Covid restrictions have been removed and improved infrastructure as well as more people wanting to switch to active transit.

The City of Unley recorded a 16 per cent overall increase compared to 2022, with an impressive 23 per cent increase in users on the Mike Turtur Bikeway at Greenhill Rd, reflecting investment and improvements to the bikeway and nearby local streets.

The observed trends and figures indicate a strong preference for separated cycling routes for all riders. But, most importantly, they show a significant increase in cycling transit, strengthening the argument that more needs to be done in the transport sphere to cater to a large and growing segment of our transport infrastructure users.

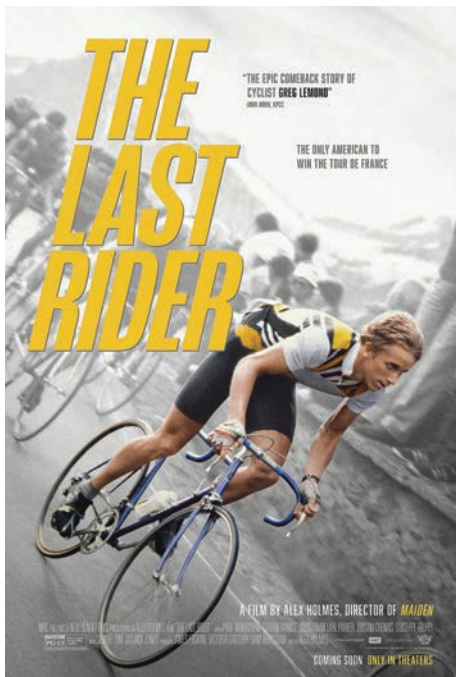


JOIN BIKE SA FOR A SPECIAL CYCLING MOVIE SCREENING



“THE LAST RIDER IS AN EXHILARATING PORTRAIT OF ONE OF THE GREATEST CYCLISTS OF OUR TIME.”

Laurent Fignon and Greg LeMond doing battle in the 1989 Tour de France



Bike SA and our corporate partner Andersons Solicitors are proud to present to you the perfect opportunity to shake off the winter blues, gather with your fellow lovers of cycling and warm your heart and soul with an extraordinary story of courage and determination set amongst the warm beauty of French summer sunshine.

Set aside the evening of Wednesday 30 August to join us at Palace Nova Cinemas East End from 6pm for a special screening of the 2022 documentary The Last Rider, chronicling American rider Greg LeMond’s victory by the narrowest margin in history in the 1989 Tour de France and the extraordinary circumstances that led up to that nail-biting day in Paris.

LeMond is the first and only American to win the Tour de France and his story is a thrilling and inspiring one.

Directed by Alex Holmes and featuring exclusive interviews with LeMond and his wife Kathy as well as never-before-seen footage, The Last Rider is an exhilarating portrait of one of the greatest cyclists of our time.

If you love cycling and cyclists, the history of the sport, a story of achievement against the odds or even just the spectacle and scenery of the world’s

## Andersons

greatest annual sporting event – the Tour de France – the evening has something to offer you.

“This is the kind of event we want to create more of,” Bike SA CEO Brett Gillett said. “We want to take every opportunity to unite the South Australian cycling community and for you to enjoy yourselves while we share our love of bikes and riding.”

The movie night – generously supported by one of our major sponsors, Andersons Solicitors - is free for Bike SA members and just \$16 for non-members which includes a small popcorn and soft drink.

Arrive at the theatre – at 3 Cinema Place, Adelaide, off Vaughan Place – from 6pm to mingle with fellow members before the 6.30pm start of the screening.

Seating is limited so secure your places early. Book your tickets via our website at [bikesa.asn.au/special-offers](https://bikesa.asn.au/special-offers) and be part of this great night of entertainment.





SUPPORT ORGANISATIONS WHO SUPPORT US

Bicycle SA's partners are helping us achieve our goals and deliver the best possible service to our members.

Support them as they support you and our vision for a better, brighter future for cycling in South Australia.





# LA GRANDE GITA

ANOTHER AWESOME EVENT  
PROUDLY BROUGHT TO YOU BY



Sunday 5 November  
In the Barossa Valley

[bikesa.asn.au/la-grande-gita](http://bikesa.asn.au/la-grande-gita)