

CYCLE

THE MEMBERS' MAGAZINE - No. 200
NOVEMBER 2023 TO JANUARY 2024



COMMUNITY CYCLING NEWS

- » EBIKE TOURS AN AWESOME NEW WAY TO EXPERIENCE ADELAIDE
- » HELP US MAKE THE MOST OF WORLD SUSTAINABLE TRANSPORT DAY
- » JDRF IS BACK USING BIKES TO HELP CONQUER DIABETES

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Bike SA CEO Brett Gillett and staff test out the fleet of new eBikes at Café Bonython.

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Contributing to Cycle

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CHIEF EXECUTIVE'S NOTES

BRETT GILLETT



THREE WAYS OF MAKING THE WORLD A BETTER PLACE BY TURNING A PEDAL

Often this column is devoted to issues of public policy and encouraging all levels of government to institute laws and infrastructure to enable and encourage the greatest number of people to cycle.

But not this time.

Here instead I am drawing attention to the three articles you will read in this edition of Cycle that spell out the innovations, advocacy and collaborations we are engaged in to achieve the same result and support tremendous causes at the same time.

This edition's cover story on our exciting new venture into eBike tourism spells out how we aim to get more people cycling by using eBikes to show locals and visitors alike the beauty, history

“
WITH EBIKE TOURS SA, WE AIM TO GET
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THE FRESH AIR AND SUNSHINE.
”

and culture of Adelaide while cruising along in the fresh air and sunshine.

The initiative will not only help to fund and raise the profile of Bike SA, it will also benefit members by increasing the number of highly visible cyclists promoting the city and demonstrating that bikes and business interests go hand-in-hand.

This has been an opportunity that I have pursued since I joined Bike SA, knowing that the experience and knowledge we have from decades of tourism across the breadth of South Australia is perfectly suited to be adapted to exploring the hidden gems of our hometown.

We will keep you updated on the progress of eBike Tours SA and encourage you to try it out yourself, either as your own fun day out or perhaps as a gift for visiting cyclists over the summer holidays.

The inaugural World Sustainable Transport Day is another great opportunity for us to shine a bright light on the benefits, both for the individual

rider and to society, of more and more people changing their habits to begin leaving the car at home and using active and public transport for their daily commutes.

The risks we face across the world from pollution, gridlock stress and climate change are undeniable, as is the evidence – already demonstrated by many cities around the world – that a priority shift to active and public transport provides a multitude of benefits to the whole community.

We will be making the most of WSTD on Sunday 26 November to drive the message that blindly continuing the same destructive, polluting behaviour of the past that has put us on this precipice and expecting things to get better is the definition of insanity. We need change and we need it now!

Join our social media campaign in the week leading up to 26 November and help to make the world a better place.

And, speaking of making the world a better place, we are proud to be supporting the Juvenile Diabetes Research Foundation by organising their One Ride charity cycle event in the Barossa Valley in February 2024. Read the article about the ride and the work the JDRF does on page 9 and think about signing on to join in this fabulous event to benefit a worthy cause.

It's amazing what we can achieve when we decide to get together and ride. Never doubt that we can make a difference. It brings to mind a wise saying: "This is your world. Shape it or someone else will."

PRESIDENT'S NOTES

MAUREEN MERRICK



Since 2003, the Tour Down Under has, without a doubt, been and continues to be an immensely successful international event. It has been responsible for an increase in tourism and showcased South Australia, particularly the regional areas, to the rest of the world.

The Tour Down Under has also been responsible for bringing together recreational cyclists from all over the country and overseas to participate in the Community Challenge tour event. The cyclists

were able to ride one of the official routes early on the same day before the professional teams tackle it. This mass ride started with just over 700 cyclists, and over the years grew to well over 9500.

Over the last number of years, including the interruption caused by Covid-19, sadly, the appetite for this type of massed ride is no longer there. As a result, in 2024 the Community Challenge ride has been paused and instead recreational cyclists will pit their skills riding up Willunga Hill with Richie Porte. They can also put their strength and skill to the test by riding up one of the city's multi-storey car parks.

Along with the Community Challenge tour mass ride, for a number of valid reasons, Sydney's 2023 Spring ride has been cancelled, ACT's Fitz's Challenge has been paused for this year and the Noosa Classic in Queensland has done so as well.

While we have been very fortunate in being able to continue with our current events, we can only do so provided you continue to support them.

We realise that there are a number of reasons why

people are no longer choosing to ride their bikes. However, you do not need to be reminded of the number of reasons why cycling is so important to our way of life, least of all its health, social and environmental benefits.

I would urge you to support those organisations and local groups who have invested heavily to organise their events by participating in them. Otherwise, these events could be relegated to history. Then there will be no 'pause' button only the 'delete' one.

I would like to take this opportunity to thank all the volunteers who have worked tirelessly throughout the year in support of our events and activities. Your efforts are very much appreciated.

As this will be the final issue of Cycle for the year, on behalf of the Executive Committee - Nathan Petrus, Vice President, Anne Smith, Secretary, Tom Walker, Treasurer, and Chris Beauchamp (Life Member), Garry Bettison, Warwick Cooper, Edytka Mizgalski, Carol Seely, and Nick Spyrou, my warmest wishes for the Festive Season and a very happy and safe 2024.

EBIKE TOURS AN AWESOME NEW WAY TO EXPERIENCE ADELAIDE

Bike SA is proud to announce an exciting new venture for our organisation, one that we hope and expect to be a significant step in boosting the enjoyment and promotion of cycling in South Australia.

From Wednesday 1 November, eBike Tours SA will begin operating 2½ -hour tour group rides in and around Adelaide, starting and finishing at Café Bonython in beautiful Bonython Park.

While the tour business stands alone, it is proudly wholly owned and operated by Bike SA and the website – ebiketourssa.au - can be reached via the Bike SA website.

and now we have a chance to expand that to our beautiful capital city.

“This also adds to our impact in promoting Adelaide as a cycle-friendly destination and a cycle-friendly culture. We hope to enhance that reputation we have built on over the years.”

Keith Conlon, Bike SA’s Patron, lover of Adelaide, its history, cycling and leader of his own weekly ride group – Ride with Keith - for the past 10 years, is excited by the eBike Tours SA initiative.

“EBikes bring 21st century technology to heritage, history and nature touring, which will give a lot

hospitality of Café Bonython but also because it’s a very safe location for people to get familiar with the eBikes before we set off for the tour, starting on the delightful Linear Park,” Brett said.

“It also has the added benefit of being incredibly convenient for people staying in city hotels because the short tram trips down to Bonython Park are frequent and free.”

The tours, taking a maximum of 10 guests with the experienced tour guides, include an eBike safety induction, light lunch refreshments, headsets to hear the guide, photo opportunities and helmets.



eBike Tours SA is ready for action!



Have fun with friends and family in breathtaking surroundings

CEO Brett Gillett said this venture was a “natural progression” for Bike SA and one that he had in mind from the day he started in early 2022.

“We are taking advantage of the assets, the skills base and the decades of experience we have at Bike SA,” Brett said. “We have been really proud to show off the most beautiful parts of South Australia on our tours over many, many years

more people the opportunity to enjoy the Park Lands that have been an invaluable gift to us for more than 180 years,” Keith said. “Combining history, cycling and our Park Lands brings together a huge part of my life – I’m out there every week.

“Gliding through our beautiful environment and still seeing culture and history around every corner – from timeless Aboriginal stories to the much-loved Festival Centre that’s just been spruced up for its 50th birthday – will make this a fantastic experience,” he said.

EBikes are a key feature of the plan to expand into local day tours. The technology which is surging in popularity around the world is having a significant impact on people. The advantage of their electrically assisted pedalling gives people the capacity to keep cycling for longer and further and, just as significantly, they extend the opportunity to ride to people who would not be able to do so without that assistance.

“There is a genuine fascination about eBikes at the moment and not a lot of opportunity for people to come and really try them out, particularly in a safe and secure location like our city parklands tour. We chose Bonython Park as the home base for these tours not only because of the famous

“This business is perfectly aligned with our mission of getting more people cycling. We are all about creating opportunity and this is another way to do that for people who may not have had the chance to engage with eBikes,” Brett said.

“These bikes are going to play such a significant role making active transport a part of more people’s daily lives. The more we show people enjoying them, the greater the impact we can have on the health of people and the environment.

“This ticks all the boxes of what Bike SA stands for.”

Longer term, we envision expanding our eBike fleet and taking our guided rides further afield to other spectacular parts of SA that can be visited in a day from Adelaide like the Barossa Valley, Adelaide Hills and McLaren Vale and the southern beaches.

We at Bike SA are incredibly proud of the city we live in. We continue to work hard to increase opportunities for people to cycle more and we are looking forward to giving people who come to visit Adelaide an active, vibrant, sensory way of experiencing the full beauty of what the city has to offer.

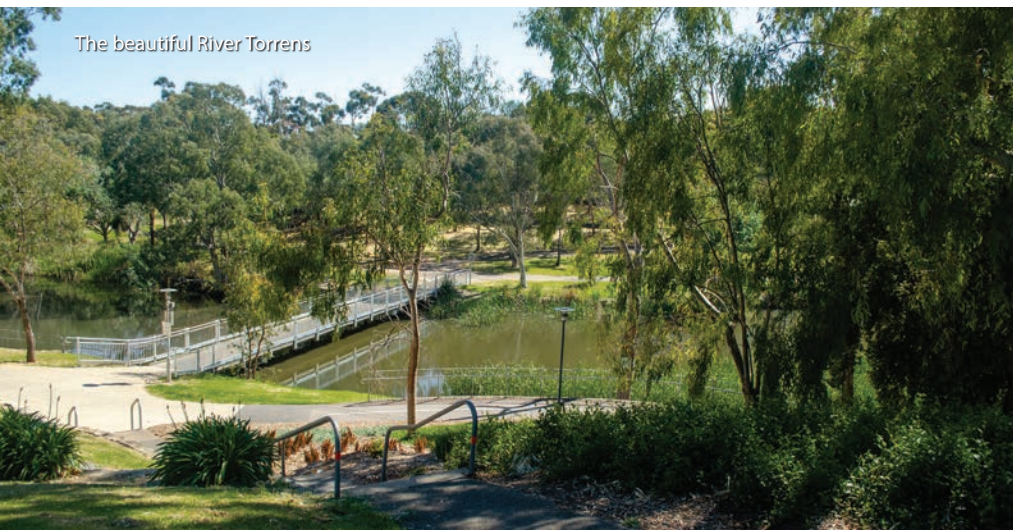
But by no means do we expect our guests on



these rides to be exclusively tourists. There is plenty in this experience for locals as well – particularly with a 10% discount for Bike SA members using the code MEMBER23 - and those who join us may be quite surprised by how many things we as South Australians have forgotten about our own backyard.

“We’ve enjoyed engaging with tourists for many years on our multi-day ride tours,” Brett said. “They come from all over Australia, all over the world to experience stunning landscapes and thousands of years of history throughout regional and outback SA with us and now we are going to do the same thing with the beautiful capital city we’re proud to show off!”

“**PEOPLE COME FROM ALL OVER THE WORLD TO EXPERIENCE STUNNING LANDSCAPES AND THOUSANDS OF YEARS OF HISTORY THROUGHOUT REGIONAL AND OUTBACK SA WITH US AND NOW WE ARE GOING TO DO THE SAME THING WITH THE BEAUTIFUL CAPITAL CITY WE’RE PROUD TO SHOW OFF!**”



The beautiful River Torrens



Visit ebiketourssa.au or find the link to it on Bike SA’s website at bikesa.asn.au and book your tour now. It’s ideal as a Christmas gift or a fun family outing and its success is the success of cycling for all South Australians and those who visit us and love to ride.

Welcome to a new era.



BICYCLE SOUTH AUSTRALIA INC -

ANNUAL GENERAL MEETING

6pm, Thursday
30 November, 2023

West Adelaide Football Club
57 Milner Road
Richmond SA 5033

Nominations are now open for current members with the skills and interest in standing for the Executive Committee of Bicycle SA Inc. We request that nominations are made on the nomination forms available at the office or from the website: www.bikesa.asn.au

Please ensure nominations reach the office by Monday 27 November to allow for ballot papers and relevant information to be prepared for the meeting.

Please indicate which position/s you will be standing for and enclose a short profile of yourself (maximum of 200 words please) including a portrait photograph. We will publish this on the website during the week leading up to the AGM and it will also be distributed on the evening of the meeting.

Information about the roles and expectations of Executive Committee members will be forwarded to you on receipt of your nomination. This does not indicate that you have been selected but provides you with the opportunity to decide, if elected, if you are able to accept your role and responsibilities.

The information is available by contacting the office on 8168 9999.

Positions available: President
Secretary
Three ordinary Executive members

Each of these elected positions will be for two years

MAUREN MERRICK OAM
President

On behalf of the Executive Committee



A fun, healthy weekend group ride



There's no arguing with the benefits of more active people and fewer motor vehicles

NEW UN SPECIAL DAY SENDS WORLD THE MESSAGE TO 'GET ON YOUR BIKE'

The United Nations has declared Sunday 26 November World Sustainable Transport Day and, as South Australia likely basks in beautiful spring sunshine, it's a perfect day to get out for a ride and enjoy all the advantages of the most sustainable form of transport there is.

Sustainability has never been further to the forefront of the worldwide public consciousness and conversation. After the long string of devastating, record-setting heatwaves and wildfires throughout 2023, the continued pace of electric vehicle development, and the burgeoning trend of governments around the world deprioritising the personal motor vehicle, the surge towards clean, green, healthy transport is relentless.

But to stop complacency from rearing its ugly head and stemming that tide of progress, we must all continue to make the most of every such opportunity as WST Day to keep increasing awareness of all the individual and community benefits of more people shifting to sustainable active transport.

The UN accepted the resolution for WSTD – led by Turkmenistan and co-sponsored by 66 other nations – to recognise the important role that safe, affordable, accessible and sustainable transport systems for everyone have in supporting sustainable economic growth, improving social welfare and enhancing international cooperation and trade.

In doing so, it stipulated its aim that the day highlights the UN's goals to tackle pressing challenges and identify opportunities for sustainable mobility.

The announcement comes just over a year since the UN General Assembly accepted a previous resolution that called for the integration of

mainstream bicycling into public transportation systems for sustainable development.

The day is an opportunity for governments, organisations and individuals to reflect on their transportation choices and commit to better alternatives. By embracing cycling and other sustainable modes of transport, we can create a greener, healthier and more equitable world.

Cycling provides an accessible and affordable means of transportation for all, irrespective of age, socioeconomic background or gender. Cycling also promotes social inclusivity, creating vibrant communities and fostering a sense of belonging.

By investing in cycling infrastructure, governments at all levels will not only encourage more people to embrace cycling but also create the environment to enable safer, more sustainable and more enjoyable journeys for all road users.

Furthermore, sustainable transport – by providing meaningful, practical transport options to the many millions of people worldwide who will never afford a private motor vehicle - can fast-track progress towards other crucial goals, such as eradicating poverty, reducing inequality, empowering women and combatting climate change.

Sustainable transport not only supports the health of the individual – via increased activity – and of society in general – via reduced air and noise pollution – it also offers the benefits of minimising consumption of our finite energy reserves as well as making more effective use of our land and our time, by reducing the time we waste stuck in traffic.



Bike SA encourages everyone to ride, walk, take public transport or embrace the advantages of real multi-modal transport by using all the above on November 26 and undeniably demonstrate how many South Australians are committed to a cleaner future based around healthy active transit.

Take photos of your ride and post them on our social media pages using the hashtags #worldsustainabletransportday and #bikesa. Do it in the week leading up to the 26th to build momentum for the day and let's deliver a message loud and clear that action on this issue can no longer be endlessly shuffled to the bottom of the pile. Sustainability is not a "nice idea" or a "trend", it is crucial to our future. This is an existential threat right now and it's time for real leadership and action.

SUSTAINABILITY IS NOT A "NICE IDEA" OR A "TREND"; IT IS CRUCIAL TO OUR FUTURE. THIS IS AN EXISTENTIAL THREAT RIGHT NOW AND IT'S TIME FOR REAL LEADERSHIP AND ACTION.

Join us in shining a spotlight on this important day and show our leaders that everyone – from a local enthusiast to the United Nations General Assembly – values a safer, cleaner and more equitable spread of transport options.

CITY OF ADELAIDE IS SET FOR CHANGE. SPEAK UP SO BIKES ARE PART OF THAT CHANGE

The City of Adelaide is in the middle of developing its City Plan – Adelaide 2036 project, work to establish the underpinnings of the look, values and priorities of the city centre for the next decade and beyond.

The council defines its City Plan as “an urban design and strategic planning process that outlines our spatial vision, goals, and strategies for future sustainable growth and development across the City of Adelaide”.

Targeted stakeholder engagement ended on 15 September and the next step in the project timeline is community engagement on the draft city plan from January to April 2024, with the aim for the plan to be finalised in June next year.

Come the new year when community commentary opens, Bike SA urges all our members and readers to go to <https://www.cityofadelaide.com.au/about-adelaide/city-plan/> and make their voices heard on issues like prioritising active and public transport, deprioritising the ubiquitous motor vehicle and making space for people to enjoy, gather, shop and socialise rather than defaulting to allocating space for cars to rush about.



Conversations in the planning process have included:

- Urban forest and climate
- Park Land legacy and futures
- Connecting people and places

All these are topics which are intrinsically connected to cycling and walking and the health and safety of the environments in which we ride and walk. We should make sure that active transport advocates and participants weigh in on the direction which – once built – will be locked into the city’s future for years to come.

Bike SA is already engaging with City of Adelaide decision-makers about improved cycling conditions and is building policy proposals concerning safer cycling routes throughout the city and 30km/h limits on residential streets that are of obvious concern to our members, active and public transport users and all those eager to enjoy the benefits of pollution and motor vehicle traffic reduction.

What might not be so obvious to many people but is definitely an item of interest in the Bike SA office is urban design. To get the best cycling outcomes, a holistic approach to city planning is needed which encompasses land use, street design, and transport network planning. By approaching cycling safety – and therefore our mission to get more South Australians cycling – from an urban design perspective, we can advocate in favour of places that support a wide range of uses and also provide safer, calmer cycling connections along greener, cleaner streets.

Get CASH BACK On Dryers, Fridges & Freezers

Thanks to the SA Government’s REPS energy saving scheme.
All claims must be made by 30th November 2023.

In 3 simple steps:

- 1 Purchase an energy efficient dryer, fridge or freezer from any appliance store
- 2 Check the appliance eligibility for a rebate and complete your application at mactradeservices.com.au/appliances
- 3 Once verified and approved, you will receive your cash rebate within 60 days

Call **1300 430 917**

mactradeservices.com.au

134 Fullarton Rd, Rose Park SA

MAC Trade Services



*See www.mactradeservices.com.au for full terms & conditions.
More information on the REPS program can be found at this SA Government website www.escosa.sa.gov.au/industry/reps.

One Ride 2017 Rufus Bear



JOIN US FOR A BAROSSA ADVENTURE AND TURN YOUR ENERGY INTO A LIFE-CHANGING IMPACT

Over the past 15 years, thousands of cyclists have taken on the challenges and thrills of the Juvenile Diabetes Research Foundation One Ride in the beautiful Barossa Valley and in the process raised more than \$14 million for vital type 1 diabetes research.

During the pandemic, One Ride evolved into a virtual event, which received an incredible response enabling JDRF to remain connected to their cycling supporters.

This popular event is now back and Bike SA is helping our friends at JDRF make the 2024 ride the fabulous, fun-filled experience participants have always been able to rely on over the years.

Throughout the weekend of 16-18 February 2024, the JDRF One Ride will deliver for cyclists gathering in the Barossa from all over Australia an exceptional event featuring a variety of distances and a King of the Hill challenge.

Held in one of Australia's most scenic landscapes and a haven for lovers of fine food, wine and cycling, the unforgettable One Ride enables participants to achieve something great in cycling – and medical research.

Based at the Novotel Barossa Valley Resort, One Ride will take in iconic locations like Mengler Hill and will explore the very best of the Barossa including the picturesque and safe riding on the Barossa Bike Path.

"It's an exciting time in cycling in Australia with the return of the much beloved JDRF One Ride to the Barossa Valley in 2024. Our Legacy riders are keen to re-join us and we are looking forward to welcoming new riders who will help us celebrate this incredible event and build on its solid foundation," Tamara Aitchison, National Manager Community Fundraising, said.

JDRF is committed to creating a future without T1D. The foundation is fully committed to this vision and will do everything to help our dedicated researchers achieve it. Raising money to fund life-changing research is what JDRF's One Ride is all about.

Go to ride.jdrf.org.au to secure your place today.



One Ride 2018 Katie Burrage & James Eyeille



JDRF ONE RIDE™

CYCLE TOWARDS A CURE FOR TYPE 1 DIABETES

16 – 18 February 2024

Three days of fun, with one day (17 Feb) of cycling

JDRF Australia are excited to announce that the One Ride is back in February 2024!

This unique cycling event takes you on a three day fun-packed adventure through the beautiful Barossa Valley to help raise vital funds for life-changing type 1 diabetes research.

ride.jdrf.org.au

Cycle Salisbury celebrates its 10th anniversary



CYCLE SALISBURY MARKS 10 YEARS – CONGRATULATIONS AND THANK YOU!

On Saturday 2 September Cycle Salisbury celebrated its 10th anniversary with a scenic ride down the beautiful Little Para River Trail and a luncheon to mark the significant milestone.

Minister for Recreation, Sport and Racing Katrine Hildyard was among the 40 riders for the anniversary event, as was local Member for the seat of King, Rhiannon Pearce. They were kindly supplied with eBikes by My Ride Salisbury to enjoy the ride.



Bike SA's Bailey Underwood, Gavin from My Ride Salisbury, Rhiannon Pearce MP and Minister Katrine Hildyard

The program – fiercely supported by the Salisbury Council as a development from their Wellbeing Programs - started strongly and has improved on itself over the years.

From attracting, encouraging and inspiring 564 riders in its first 12 months, it boosted that to a peak of 1271 last year and September 2023 was an all-time September record, with 154 riders.

Cycle Salisbury shares the same values and goals as Bike SA, aiming to get more people riding more often and to improve their health and wellbeing through cycling. It consistently sends the message to its community that “there are some very good reasons to ride a bike including health, environmental, economic and social benefits and that cycling is a fun activity with family and friends”.

“**I LOVE THAT THE CYCLE SALISBURY PROGRAM IS STILL RUNNING AFTER 10 YEARS (AND HELPING) PEOPLE EMBRACE THE OUTDOOR BEAUTY OF OUR HOME AND LOOKING AFTER THEMSELVES IN THE PROCESS.**”

Salisbury Mayor Gillian Aldridge, OAM said: “I absolutely love that the Cycle Salisbury Program is still running after 10 years. We have such beautiful trails and I love seeing people embracing the outdoor beauty of our home and looking after themselves in the process.”

It’s impossible to properly acknowledge the success of a ride program without thanking the volunteer ride leaders – trained by Bike SA - who give their time to provide the opportunity, as well as the encouragement, confidence and reassurance they represent.

Appreciation for their work, and the work of all who have made the program such a success, was one of the many points mentioned by riders at the anniversary event.

Cycle Salisbury’s goals for the next 10 years and beyond are topped by the ambition to recruit more ride leaders and to get even more bums on bikes more often.

If you would like to start riding with Cycle Salisbury or any of the nearly 30 statewide ride groups Bike SA supports, go to bikesa.asn.au/rides-and-events and check out our free rides programme.



WHAT ARE THE LAWS – CRIMINAL AND CIVIL – RELATING TO TRANSPORTING AND RIDING BIKES?

BY RYAN THOMAS, PARTNER, ANDERSONS SOLICITORS

As many South Australians transport their bicycles by car, either on roof racks, by trailer, or other means, they must ensure that the applicable road rules and laws are abided by. This includes being aware of the various criminal and civil laws that road and bicycle users are subject to, and ensuring that they are followed at all times. There may be significant consequences if these laws are breached.

BIKE RACK LAWS

Firstly, any bicycle racks that are attached to a motor vehicle, in addition to the bicycle on the rack, must not obscure the rear number plate of the vehicle. If any part of your bike rack or the bike itself (or anything else attached to the rack) obscures or distorts any part of your number plate, you can be issued a fine of \$527 (plus a \$94 Victims of Crime Levy), with the offence carrying a maximum penalty of \$2500. Furthermore, individuals can display a bicycle rack number plate on the rack itself or instead take the rear number plate off the vehicle and attach it to the bicycle rack. Alternatively, a specialised bike rack number plate can be purchased. However, while you can move the standard rear number plate, you are not permitted to display the rear number plate and a standard number plate on the bike rack at the same time.

Bike rack plates can only be purchased through Ezyreg SA¹. A homemade plate is not permitted.

Secondly, individuals must not display a standard number plate on both a bicycle rack and the rear of a motor vehicle. As bicycle rack number plates have the same registration number as an individual's motor vehicle, they cannot be used on any other vehicle. Additionally, during periods of poor visibility and between sunset and sunrise, the number plate on the rack must be illuminated with a white light, rendering it clearly visible from a distance of 20 metres away.²

Thirdly, when carrying bicycles on a rack, if the motor vehicle's brake lights cannot be seen (are not visible) from a distance of 200 metres under normal weather conditions, then an additional brake light that is visible from 200 metres must be attached to the rack.

Furthermore, cyclists have the same responsibilities on the road as motorists, and must

obey the same road rules/laws. Under the *Road Traffic Act 1961 (SA)*, any person who is riding a bicycle on a footpath or other road-related area must, if it is necessary to do so for the purpose of averting danger, give warning (by sounding a warning device attached to the cycle or by other means) to pedestrians or other persons using that footpath or other road-related area. Additionally, if a cyclist is involved in a crash, they must stop immediately and assist any injured people. They must also give their name and address and any other necessary information to identify the bicycle they were riding.

A crash must also be reported to the police if any person is killed or injured, you fail to give the required particulars to other people, another driver's or rider's particulars are not given to you, a fair estimate of the value of the total damage is more than \$3000 (report within 24 hours after the crash, but this is not required if the only property damage is yours alone), or a vehicle involved in the crash is towed or carried away by another vehicle.

PENALTIES

There are penalties if cyclists fail to wear an appropriate bicycle helmet (\$115 fine), ride a bicycle at night or in hazardous weather conditions without displaying lights (\$63 fine), cause a traffic hazard by moving into the path of a driver or pedestrian (\$63 fine), proceed when bicycle crossing lights change (\$63 fine and 3 demerit points), and ride within 2 metres of the rear of a motor vehicle continuously for more than 200 metres (\$63 fine). A \$94 Victims of Crime levy also applies to the abovementioned offences.

NEGLIGENCE

Additionally, if a cyclist collides with an individual or another vehicle, causing damage, they can be subject to a civil claim of negligence, which can open them up to liability. However, in some circumstances where the cyclist is not solely at fault, there may be an apportionment of liability; for example, in respect of collisions between cyclists and car doors.

On the other hand, in situations where a cyclist has been hit by a motor vehicle and is not at fault,

Bike rack - right



Bike rack - wrong



they may be able to claim compensation for their injuries under the CTP (Compulsory Third Party) scheme. Additionally, if a person is killed by a car while riding their bike, their family may also be able to make a dependency claim arising from their death. In any case, it is extremely important to contact a lawyer and seek advice as soon as possible if you are injured while riding your bike, or injure or cause damage to someone else.

ASSISTANCE

Andersons Solicitors proudly provides Bike SA members with a host of benefits including a free 30-minute initial interview, 10% off legal services, free simple wills, and no-win no-fee on most personal injury matters.

If you need legal advice or would like to find out more, please contact the team at Andersons on 08 8238 6666, email enquiry@andersons.com.au or see www.andersons.com.au

1 <https://ezyplates.sa.gov.au/plate-styles/bike-rack-number-plates>

2 <https://www.sa.gov.au/topics/driving-and-transport/registration/number-plates-and-trade-plates/number-plates>; https://www.cityofpae.sa.gov.au/__data/assets/pdf_file/0025/414169/Info_CyclingandtheLaw.pdf

MEMBER STORIES

MALCOLM AND SUE SHARE THEIR 4000KM CROSS-COUNTRY ADVENTURE

“THE PEOPLE WERE LOVELY - TRUCK DRIVERS, MECHANICS, EVERYONE, PEOPLE PULLING UP TO GIVE YOU BOTTLES OF WATER AND BANANAS – EVERYONE WAS WONDERFUL. IT JUST OPENED OUR EYES TO HOW GOOD HUMANITY IS.”

Mallee Road, the worst road of the whole ride

There are two things you need to know about this story of adventure and discovery before you dive into the details of the extraordinary journey.

1. Nothing ever really goes according to plan.
2. With an open mind and the capacity to adapt, point 1 doesn't matter.

Bike SA volunteers Malcolm and Sue arrived home at the start of May after a bikepacking epic covering 4100km across Queensland, NSW, Victoria and South Australia's Riverland.

For want of a better plan, the pair thought they would ride from Adelaide and follow the Murray and Darling rivers upstream to Bourke and head to Far North Queensland from there, starting in mid-2022. But as their departure date approached, so did the heavy, persistent storm clouds and the widespread flooding they produced rendered that idea impossible.

But, coincidentally, Malcolm's daughter Jessica was planning to celebrate her 40th birthday in Port Douglas so they adapted and decided to begin their endeavour from there instead.

So, on July 25 last year, they pedalled away from Port Douglas and began with an exploration of the Daintree rainforest and the Atherton Tablelands. From Atherton, they headed southwest to Jervis Station, a huge 2750 square kilometre cattle station about 300km northwest of Townsville where they ended up staying for two weeks.

"It's very remote but we were told it was a great place to visit and it certainly was – they were the most lovely people," Malcolm said. "We didn't plan to stay long but we ended up building a vegetable garden for them. I got to know the station owner very well, so I became his chauffer. He and Sue and I would go touring all over the station, checking all the watering points for the cattle. It's a most amazing property, on the edge of the Great Dividing Range. One side emptied out into the Qld plateau and the other side down to the coast. They are right on the cusp of the ranges and there's huge escarpments and beautiful scenery everywhere you look."

From there, they spent several hundred kilometres on challenging roads, first to visit Undara National Park, home of one of the longest lava tube cave systems in the world, and then down to the historic goldfields town of Charters Towers. Often it was up to five days between towns, and roadside camping and repetitive meals containing non-perishable foods became the norm.

After four months in the saddle, they found themselves in Roma, west of Brisbane, where floodwaters again forced them to change plans. They couldn't continue south as they

intended so they caught a train to Brisbane and then on to visit family and friends on the Sunshine Coast.

From there they headed south again and, upon reaching Brunswick Heads in northern NSW, turned inland and spent six weeks living at a Hare Krishna yoga retreat in the Northern Rivers region.

"The benefits of yoga were enormous. It loosens you up no end, it's good for your cycling, good for everything. And Sue's done yoga for yonks so she got right into it," Malcolm said.

They finished up there in late December and both flew home for Christmas with family, Malcolm back to Mount Gambier and Sue to Tasmania to do the Overland Track hike with her children.

Early in January they returned to the retreat for another two weeks of yoga (and amazing food) and then, in the heat of early February, they resumed their exploration.

They headed south and west, zigzagging their way across central and western NSW on quiet back roads that only locals drive along. They crossed the geographical centre of NSW at Tottenham and took dirt roads across the Hay Plain where they battled headwinds for hundreds of kilometres. They met the River Murray at Swan Hill, where they felt the pending southern winter evenings creeping in, and followed the river to Mildura where they headed directly west towards South Australia.

"From there we followed the old mail route across the border back into SA, a dirt road that follows the Murray, built for the old mail run between SA and Victoria. For the first time in months we were back in SA, travelling through Renmark, Waikerie and Morgan before – following the path of least resistance over the Ranges – from Mount Mary we went overland to a little place called Dutton," he said.

"Then it was just a matter of a cruise into the Barossa Valley for an overnight stay in Lyndoch and then the final day's ride back home. The final day from Lyndoch to home was the wettest day of the journey – the only day requiring wet weather gear!"

They arrived home at the beginning of May,



Day one, leaving Port Douglas



nine months after they set out and with 4100km and 12,100m of climbing in their legs, including a great deal of off-road riding.

They bike packed the whole way, carrying everything they needed and camping each night. Malcolm rode a stretched cargo bike, a Surly Big Dummy, and Sue had a Raceline cargo bike with a trailer. They were great bikes, perfectly fit for the purpose and super reliable. Apart from a couple of chain breaks on steep climbs, the only other issue was some broken spokes, which is pretty good over such a long, hard haul.

Even though they tried to stick to the roads less travelled, Malcolm said that, on the stretches where they couldn't, they got on very well with truck drivers.

"The people were lovely - truck drivers, mechanics, everyone," he said. "People in roadhouses, people pulling up to give you bottles of water and bananas – everyone was wonderful. It just opened our eyes to how good humanity is.

Prior to this epic, Sue had ridden solo to Melbourne along the Murray from Adelaide and Malcolm's longest bikepacking trip was for six days. Malcolm said they learned many lessons for anyone keen to follow their example.

- You've got to plan, even if it is only daily.
- Ride defensively all the time. Don't expect drivers to see you.
- It's a long time together. Learn when to give each other space.
- Divide up the everyday tasks and stick to them. It's easier than sharing all the duties.
- Stop and eat and drink regularly because it catches up to you if you don't.
- We took paper maps because you can't always rely on your phone having power.
- Make sure you're eating plenty of protein and carbs and carry as much water as you can.
- A bit lower gears would have helped. We had to get off and walk quite a bit because we struck some serious hills, and the bikes were loaded up.
- When you're touring, wear hi-vis. People told us they could see us for miles. They couldn't see our taillights, but they could see our vests.

It was the trip of a lifetime for the pair, but they are already planning their next adventure.

"We are talking about doing southwest Western Australia next year on a three to four-month ride. We'll drive over to Norseman early next year in the summer. We'll find somewhere to store the car and start and finish there."



Nearly home

Helpful directions at Tooleybuc NSW

GEERT'S GREAT CROSS-CONTINENTAL EXPEDITION

On May 28, Bike SA volunteer Geert set out on the cycling adventure of a lifetime. And that's saying something when you consider Geert's history of endurance cycling includes the 4500km Western Wildlands Route from Canada to Mexico through the western USA and bikepacking from Boston to Los Angeles.

On that day, Geert left Grense Jakobselv on the north coast of Norway – well inside the Arctic Circle – to begin riding the European Divide Trail, a dirt road bikepacking trail from Norway to Portugal.

Since then, he has ridden through Norway, Finland and a lengthy stretch through Sweden. From Gothenberg in southern Sweden he took a ferry across to Denmark

John and Geert in a tunnel under the Elbe River in Hamburg, Germany



where fellow BSA volunteer John joined him for a month.

They rode together through Germany, where they had a week-long delay because of Geert's broken rear wheel, and into France where John left the journey, before Geert was forced into his first diversion from the planned route.

Because of the extreme toughness of the trail through the French and Swiss Jura mountains, he descended and rode the Rhone Valley river trail instead. The impact of the challenging trail was exacerbated by a heatwave of five days above 40 degrees.

In early September he crossed the border into Spain through the Pyrenees mountains where again he was pushed off the trail onto roads as his bike and clothes were starting to fall apart.

When he wrote to us in mid-September, he was enjoying a rest day in the mountains of South Catalunya in north-east Spain. He had already covered 6500km and climbed more than 56,000m in 84 days in the saddle.

His next leg will be an 11-day stretch to cover the roughly 850km to Granada in Spain's south.

After a rest there, it will then be about another week to the Portuguese border and five more days to reach Sagres and the finish of the 7600km European Divide Trail, which he should reach by mid-October.

Tack on a few more side trips and Christmas with his family in the Netherlands and we can expect to see Geert back in Adelaide in February 2024.

Suffice to say he'll have more than a few stories to tell.

At the start on the north coast of Norway



MEMBER STORIES

WEDNESDAY WHEELERS WILD BUNCH TOURS THE SOUTH-EAST

STORY BY MAL WATT,
RIDE ORGANISED BY
STEVE FREEMAN.



The Coonawarra siding of the rail trail from Penola to Wynns Winery

In March of this year, seven regulars from the Wednesday Wheelers riding group set out on a cycling trip from Penola to Naracoorte. Looking at a map, that may not sound like much, but we went the long way, via the Victorian towns of Casterton, Harrow and Edenhope, and covered a total distance of about 330km, including side trips.

The longest day of the five-day expedition was 100km in the saddle. To reduce the amount of gear carried, the group opted to stay in cabins at caravan parks or in rooms at the local pubs.

To get to our starting point, the group booked themselves and their bikes onto a coach service from Adelaide to Penola. The afternoon arrival at Penola provided an opportunity for some riding time so, after leaving our gear at the caravan park, we rode a rail trail in some drizzle, past the old Coonawarra rail siding and down to Wynns Winery, where we enjoyed some sampling. We noted that the rail trail lacked a gentle slant or slight mounding to drain water, levelled with the rails still in place.

The next day, the group rode a flat 65km stretch in fine weather to Casterton, where we enjoyed

the hospitality of the Albion Hotel and visited the Australian Kelpie Centre. Two of us decide to do an afternoon loop just outside Casterton and connected to the Kelpie Trail along the beautiful Glenelg River after returning from a steep ride up to the Mickle Lookout. The lookout, high above the town, offers a spectacular view of Casterton while the Kelpie Trail - mainly promoted as a walk - is also good for cycling and is a mix of footpaths, bitumen roads and dirt paths.

After a pub meal to close out a thoroughly enjoyable day, we played a couple of amusing games of 8-ball on an unstable table.

The following morning, on our way to Harrow, we inspected an abandoned railway trestle bridge over the Wannon River, before embarking on the 87km - peppered with 900m of climbs - to the pretty hamlet of Harrow. The day included diverting onto a dirt road down and back to see Bilston's Tree, which is estimated to have been a seedling in about 1200AD and is still alive. It is famous for its great age and - at 44m tall and almost 8m in circumference - its tremendous size. We were warned about quarry trucks on the Casterton to Harrow section, but it must have

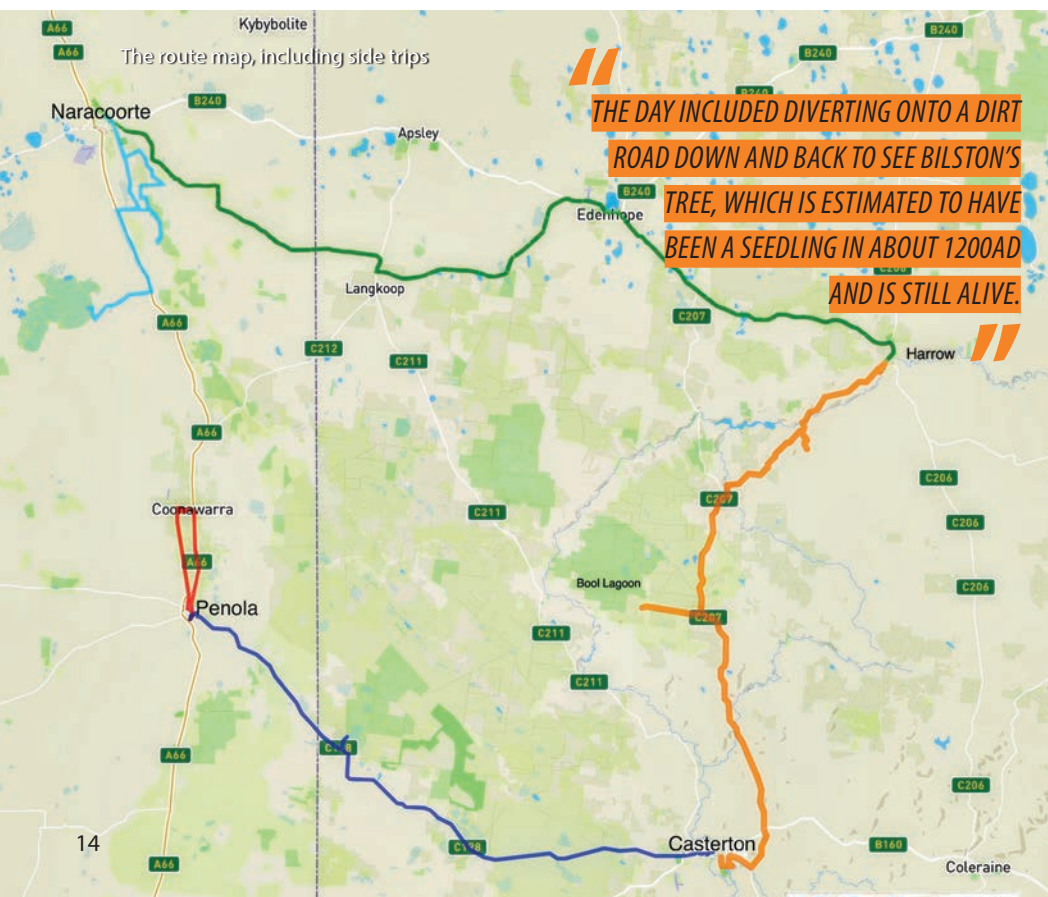
been a quiet day as we encountered very few.

Harrow, nestled beside the Glenelg River, offered the group another nice pub stay. Anyone planning to visit may want to take a walk along the main street, which features some amusing displays as well as nicely maintained homes and a museum about the first cricket team to tour England (a team made up of local Aborigines).

The final leg of the journey was a pleasant 100km ride from Harrow to the Naracoorte caravan park, with a coffee stop in Edenhope. The route was mostly level, apart from the easy ascent up from Harrow, which included a pause to admire a small stone bridge.



The lookout over Casterton



The railway trestle bridge over the Wannon River



The Harrow Hermitage Hotel (built in 1848)

TO BE CONTINUED.

Pick up the next issue of *Cycle*, No 201, to read about the rest of the Wednesday Wheelers' South-East sojourn.



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**SPRING
PICTURE
GALLERY -
ROLLING
WITH
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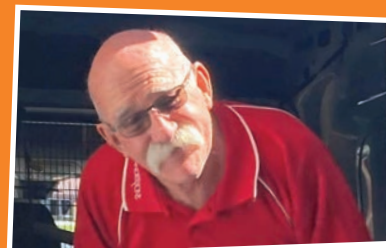
**GRAND
SLAM**

RIDERS ENJOYING GRAND SLAM #4
AROUND WILLIAMSTOWN



**MOVIE
NIGHT**

MEMBERS AND FRIENDS AT OUR
MOVIE NIGHT EVENT AT PALACE NOVA
EAST END, PROUDLY SUPPORTED BY
ANDERSONS SOLICITORS



**HARD AT
WORK**

VOLUNTEERS PETER AND
MARTYN PUTTING OUR NEW
BRANDED VAN TO WORK.

