



Celebrating 40 years
1982 - 2022

CYCLE

THE MEMBERS' MAGAZINE - No. 195
AUGUST TO OCTOBER 2022

**COMMUNITY
CYCLING NEWS**

FOX CREEK FUNDING
CUT A BACKWARDS STEP
INTREPID RIDERS'
AWESOME FLINDERS
ADVENTURE
BOOK REVIEWS FOR
BIKE LOVERS

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Front cover image:

Flinders Escape riders enjoy the beauty of Wilpena Pound.

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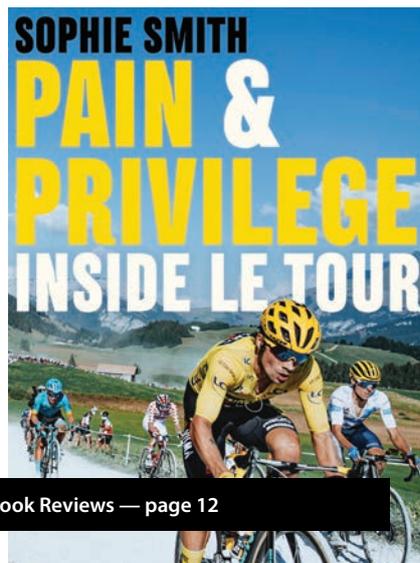
Have you something you would like to contribute to *Cycle*? If so we'd love to hear about it. Please contact the Bike SA office. Email: office@bikesa.asn.au



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CHIEF EXECUTIVE'S NOTES

BRETT GILLETT



Two recent engagements I have had should give the cycling community encouragement that the transport landscape is changing. That real diversity in our transportation hierarchy is being valued and the voices and experiences of vulnerable road users are being elevated in South Australia.

In May I participated in an RAA National Road Safety Week panel discussion with other speakers and a room full of people committed to ensuring a positive future direction towards a safe, healthy and inclusive transport environment.

The entire focus of the discussion was the safety of vulnerable road users, with each of the three panellists, including myself, offering different viewpoints on addressing that diverse issue.

It was an incredibly positive experience and the kind of event that needs to be much more mainstream if all modes of transport are going to be catered for to the benefit of everyone, including motorists.

It was also a great opportunity to talk about how little investment there is in cycling infrastructure in comparison to the \$6.3 billion in annual economic benefit cycling brings to Australia.

I also raised the untapped resource that exists and the benefits everyone could reap if we could address the issue of the 69% of riders who are not riding enough because of their concerns over inadequate safety and infrastructure.

If we are serious about addressing climate change and reducing carbon emissions, we know that more people would ride bikes – to the benefit of the entire community – if we could advance beyond the current levels of investment in cycling and bring about real change that has already proved successful around the world.

Secondly, I have joined the City of Adelaide's CEO's working group to advise the council's Cycling Strategic Action Plan. It is a year-long position on the group meeting once a month, with Bicycle SA providing one of the voices for active transport as the council seeks to balance multiple competing interests while trying to modernise the city's

transport hierarchy and reap the social and economic benefits that would deliver.

There is growing support within council that the East-West Bikeway that was rejected last year is something that needs to happen and e-bike and micromobility opportunities also deserve to be explored.

Keep your eye on developments in council and use your voices to help us bring about the changes that will make Adelaide a liveable 21st century city on a truly world-class scale.

Both the RAA panel experience and our participation in the council's agenda to strengthen active transport signify Bicycle SA's continued relevance in the State's transport planning and a considerable cause for hope in cycling's bright future in South Australia.

MORE PEOPLE WOULD RIDE BIKES IF WE COULD ADVANCE BEYOND CURRENT LEVELS OF CYCLING INVESTMENT AND BRING ABOUT CHANGE THAT HAS ALREADY PROVED SUCCESSFUL

PRESIDENT'S NOTES

MAUREEN MERRICK



With the extraordinary natural disasters we have had over the past few years and continue to experience, community and volunteer resources have been stretched to the absolute limit. We owe a debt of gratitude to our volunteers for their dedication and commitment to the organisation.

After being quiet for almost two years, (due to COVID-19) the bike maintenance workshop volunteers have resumed servicing bikes for our various programmes, i.e. Way2Go BikeEd, Bikes Palya, City of Charles Sturt free bikes programme and repurposing bikes for other community groups.

We were so pleased to welcome back our interstate and SA volunteers, who joined us during our recent nine-day Flinders Escape cycling tour in May. I would like to thank you all for your efforts in contributing to another successful tour. Well done!

We cannot continue to expect our current group of volunteers to be available when we want them to be. As you would all be aware, there are more demands being placed on our time to the extent that it can be extremely challenging to find those spare hours. However, should you find some time, particularly to assist with events at the weekends, please do not hesitate to contact me at maureen.merrick@bikesa.asn.au or 0407 600 326.

Since May 2022 our membership facilities have been moving with current technology and are now online. As with many other organisations, you now have the opportunity to view your details online. Other online services will be available shortly.

Please do not hesitate to contact the office should you wish to discuss issues relating to our online facility further – 8168 9999 or office@bikesa.asn.au

VALE

NORM EASTWOOD
(12.3.1932 – 15.05.2022)

Our deepest sympathy and condolences have been sent to Ann and her family on the sudden and extremely sad loss of Norm Eastwood.

Norm has been a member of Bicycle SA for many years, a participant and volunteer in many of our single and multi-day events. Since 2009 Norm and Ann have travelled from Alice Springs to spend the weekend at our Easter Cycle camps.

For a number of years Norm has also been a regular volunteer in our bike maintenance workshop. He always managed to find a way to repair a bike so that it was roadworthy and could be ridden again.

Norm will be sadly missed by us all.



FOX CREEK FUNDING WITHDRAWAL A STEP BACKWARDS FOR ALL SA

The South Australian mountain biking community has understandably reacted with disappointment at the new State Labor Government’s decision to deny \$5.25 million in funding for the planned upgrades and expansion of the enormously popular Fox Creek Bike Park in Cudlee Creek in the Adelaide Hills.

And well they might. Thousands of hours of work – much of it voluntary – has gone into rebuilding and rehabilitating the area since the disastrous bushfires of 2019 and multitudes of riders are now exploring the trails and exciting new features on offer.

But it has potential for so much more!

And this is the key point. That money was to go towards making Fox Creek a national cycle tourism destination, much like Derby in Tasmania and the Victorian and New South Wales alpine regions draw intense and lucrative MTB tourism as riders constantly seek new thrills on new trails.

All of which is to say that this investment was to be to the benefit of so many more South Australians than just its MTB riders. Businesses, towns, restaurants, wineries, accommodation venues, service providers – all these and more would benefit from the planned improvements at Fox Creek and elsewhere that were planned to make the whole of the Adelaide Hills region and beyond a huge network of MTB, gravel and road riding opportunities.

Transport and Infrastructure Minister Tom Koutsantonis said the government was redirecting the money to its priorities of “health, education, infrastructure and jobs”. However, we contend the expanded infrastructure of the MTB precinct and the physical fitness, skills development and tourism work it would create tick all those boxes.

Given that Labor’s egalitarian, health and environmental values align so strongly with cycling’s and Bicycle SA’s values and actions, we keenly anticipate achieving great things in the

coming years of this government. We simply hoped however that the hugely popular Fox Creek development could have led the way.

Work done in the area in the separate \$2.5 million Bushfire Recovery Program that began in January 2020 has included 26km of re-opened tracks, 19



Fox Creek skills park

CORRECTION AND APOLOGY

In one of our columns in the May-July, 2022 40th anniversary special edition of Cycle we mistakenly published the surname Day for Bicycle SA stalwarts Jim and Evelyn Gray.

with Evelyn as its first Executive Officer. Both served in many roles including President during their dedicated and extensive service and both were made Life Members of Bicycle SA.

Jim and Evelyn were founding members of the SA Touring Cyclists’ Association (now Bicycle SA),

No disrespect was intended in this error and we apologise sincerely for any upset caused.

restored trails, six new or improved trails including SA's first adaptable mountain bike trail and a skills park and coaching area, with a new trail hub featuring toilets, a bike wash and a kiosk on target for completion this spring. These are all enormously encouraging.

But the \$5.25 million had been earmarked to significantly expand the trail network, provide infrastructure to enable Fox Creek to support more and higher-level MTB events and improve amenities and provide the opportunities for business and accommodation project developments. All of which would combine to provide another highly valuable attraction in the Adelaide Hills to entice local and interstate visitors to invest in the region and, of course, to encourage coming generations into healthy, energetic activity.

During the pandemic, we watched as countless places around the world took the opportunity to reduce the absolute primacy of place motor vehicles have in our transport hierarchy by replacing car parking with cycle lanes, expanding active transport networks and creating low-traffic neighbourhoods. And their communities, businesses and environments reaped the rewards of that strong leadership.

Meanwhile, here in Adelaide, we failed to seize that opportunity. That inertia should stop now.

Continuing to build on the strong reputation South Australia has as a cycle tourism destination – a reputation earned by years of vision and hard work – is not simply a treat for cyclists and their entertainment. It is a wise investment in tourism, businesses of all shapes and sizes and the opportunities that may not even be on our radar yet.

It is worth it.

Fox Creek before the Bushfire Recovery Program work



Fox Creek rebuilt. But where to from here?



“
**BUSINESSES, TOWNS, RESTAURANTS,
 WINERIES, ACCOMMODATION VENUES,
 SERVICE PROVIDERS – ALL THESE AND
 MORE WOULD BENEFIT FROM THE PLANNED
 IMPROVEMENTS AT FOX CREEK.**
 ”



Work done to encourage MTB tourism has had a huge impact on Derby, Tasmania.

HELLO SA, AND WELCOME TO A NEW GENERATION OF GEAR UP GIRL



Bicycle SA CEO Brett Gillett with Hayley Pearson and Lauren DeCesare from hello SA.

“THE ATMOSPHERE AT THE START LINE IS GOING TO BE ELECTRIC AND I’M SURE WE WILL ALL HAVE A GOOD GIGGLE TOGETHER ALONG THE WAY!”

Gear Up Girl is back for 2022 – bigger, brighter and better than ever!

This year, Bicycle SA has forged a partnership with vibrant entertainment brand hello SA to encourage more women and girls to come out and join us in the saddle and reinforce the reputation and core message of South Australia’s biggest and best women’s-only bike ride.

Since 2009, Gear Up Girl has been a key driver to encourage more SA women to confidently and safely enjoy the myriad benefits that cycling provides and close the gender imbalance that exists on two wheels.

Partnering with hello SA gives us access to their extensive reach and influence among SA women as well as the passion and energy they exude which

we expect will bring hundreds more participants to join us for a day of fun, companionship, healthy riding and entertainment.

Radio, television and Adelady magazine media personality Hayley Pearson will be our Event Ambassador and No.1 ticketholder and she is thrilled to share the ride with so many enthusiastic women and girls.

“We are so excited to be partnering with Bicycle SA for Gear Up Girl 2022 – this event is all about getting women out exercising on bikes and I hope to see groups of girlfriends, mums and daughters, sisters and workmates all enjoying the ride together,” Hayley said. “The atmosphere at the start line is going to be electric and I’m sure we will all have a good giggle together along the way!”

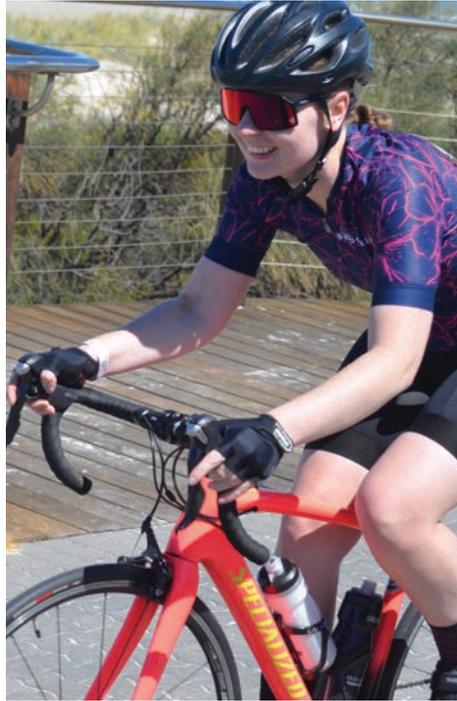


Bicycle SA CEO Brett Gillett expects hello SA's influence to have a tremendous impact on Gear Up Girl, which is a proud and significant event on the organisation's calendar.

"This wonderful ride is about giving women a perfect excuse to get the girls together and enjoy a great day out on their bikes. We are delighted to have Hayley, Lauren, Tom and the hello SA team partnering with us in supporting Bicycle SA's mission of getting more people cycling in South Australia," Brett said.

Gear Up Girl, on Sunday 13 November 2022, will offer three ride distances to suit all ages and abilities. It is a fully supported ride day starting and finishing at Bonython Park and also features entertainment and a complimentary glass of bubbles (sparkling wine or soft drink) at the finish.

So, gather your friends and family, form a fun-loving ride group or just come along and join the great, supportive atmosphere of Gear Up Girl and join a ride that makes a difference in how we are seen – and made safe – on the streets.



INTREPID RIDERS ESCAPED THE HUMDRUM FOR AN AWESOME FLINDERS ADVENTURE



Our announcement last year of the new Flinders Escape event set for May 2022 enticed a group of passionate and enthusiastic adventurers keen to explore the singular beauty of South Australia's awesome Flinders Ranges.

The opportunity for road or gravel riding – or a mixture of both – attracted a diverse community of riders who revelled in the near-perfect conditions, warm hospitality and their own great company as cyclists from across the nation came together as friends through a great shared experience.

Among the happy explorers was the Caffry family from Melbourne – Anthony, Christine, Lucy and Mia – who we spoke to in Blinman after their Day 4 ride from Parachilna.

They rode through the same area with Bike SA 12 years ago when much of the Flinders Escape route was part of the 2010 Annual Tour and the girls were so young they joined their parents on Tag Along bikes attached to the adults' seat posts.

"This is our return trip. We haven't had a family trip for seven years but we came now because we loved this ride so much last time," Christine said.

"It's been so good. Lucy and I were just saying how relaxing this trip is and the views were amazing today, coming through the Parachilna Gorge," Mia, 20, said.

Riders exploring the rugged, awe-inspiring beauty of the Flinders Ranges with Bike SA.





“
WE HAVEN'T HAD A
FAMILY TRIP FOR SEVEN
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NOW BECAUSE WE
LOVED THIS RIDE SO
MUCH LAST TIME.”



“And everyone is so nice and they remember us from 12 years ago,” Lucy, 22, added.

Flinders Escape may have reignited the Caffrys' passion for family cycling holidays.

“That’s a real possibility, we’ve really enjoyed ourselves,” Mia said. “We thought it would be a lot harder than it has been and it’s nice just to ride it with each other because we don’t spend that much time with each other anymore.”

So many others shared the family’s wonder and passion for the region – and the thrill of riding through it.

“Among the best organised rides anywhere,” said one participant. “We felt very very supported and cared for. Beyond expectations!” said another.

And: “BikeSA’s Flinders Escape was an amazing cycling adventure. Beautiful scenery, great cycling, friendly and welcoming communities and fabulous support from the Bike SA Team! For me, the perfect holiday.”

The huge success of this inaugural ride leaves us all excited at the prospect of revisiting this enticing format again soon.



VALE NORM – A LIFE OF ENERGY, PASSION AND DEDICATION

Flinders Escape began on a sad note following the death of our beloved and valued volunteer Norm Eastwood in his sleep on night one of the event in Quorn. Here his partner **Ann Ireland** shares her thoughts on Norm’s passing.



Norm’s early years certainly laid down the amazing values he stood by his entire life. He grew up with an understanding he was there to contribute to society, not simply to take from it. He was devoted to his family, loyal and compassionate to friends, workmates and those less fortunate than himself. And there was always a wicked sense of humour thrown in as well!

Norm was always eager to expand his horizons and took on new challenges with enthusiasm. This led to his love of travel for work as well a pleasure. Alongside that, Norm was an outdoors man. He loved taking part in cycling, bushwalking and orienteering, to name but a few.

Norm had many talents and skills, which he happily and patiently shared. As a young adult he had to ‘Make do and Mend’. This allowed him to fix almost anything with whatever was to hand. A possible downside to this was his horror of ever throwing anything out! Ninety years is a long time to collect what, for some, is little more than junk!

Norm retired from paid employment at the age of 80 and moved to Adelaide. Once there he enjoyed taking part in community cycle rides including Grand Slams, Coast to Coast and Easter camps. However, he felt the need to contribute in some way and soon joined the BikeSA bike maintenance team. Norm was later asked to volunteer in the tent team, in some of Bike SA’s very successful cycle touring camps. It is perhaps fitting that Norm passed away on one such camp, making life a little easier for others.

He will be missed by so many whose lives he touched, however briefly.

**Norm Eastwood –
12/03/1932 to 15/05/2022**

BORDER TO BEACH RIDE 2022 ANOTHER BIG SUCCESS



Riding together for a great cause

“ONE INTREPID CYCLIST EVEN JOINED IN REMOTELY, SADDLING UP ON A STATIONARY BICYCLE AT HOME, WHERE SHE WAS IN ISOLATION, TO COMPLETE THE ENTIRE 114KM TRIP!”



Ready for action



BY KAREN HUNT

The second annual Border to Beach bike ride – in ideal weather and featuring a new format – was an unqualified success that raised \$25,000 for the Bordertown Hospital.

The 114km B2B ride, from Bordertown to Kingston in the South East and staged by the Bordertown Health and Community Foundation, was inaugurated last year as an alternative to the Murray to Moyne relay which had been a major fundraiser for many years.

This year, 19 riders took to the road in the March 26 event, either saddling up for the whole distance or joining in along the way at either Marcollet for a 65km ride or at Keilira for a 40km journey.

Showing her true dedication, one intrepid cyclist even joined in remotely, saddling up on

a stationary bicycle at home, where she was in isolation, to complete the entire 114km trip!

Chair of the BHCF, Leanne Mastrangelo, said she was extremely grateful for the community support given to the B2B once again this year.

“Funds raised contribute to purchases of equipment and medical technology at the Bordertown Memorial Hospital and provide benefit to the local community,” she said.

“The Foundation is very appreciative also of the support given by our sponsors and Bike SA to both this and last year’s event.”

Supported by vehicles, a catering and photography team, the riders made their way in almost perfect conditions, once again assembling some 5kms outside of Kingston to complete the ride to the jetty end point as a united group.

The entire group then enjoyed a celebration on the beachfront at Kingston to mark another successful fundraising effort.

Team Captain Simon Ballinger thanked those who had taken part, and invited them to all join in the 2023 ride, for which planning is already underway.

“As it will be the 30th year of the local cycling community raising funds for the hospital through either the Murray to Moyne or the B2B, we are looking to make the ride as memorable as possible,” he said.

“It will be the perfect occasion to celebrate the effort of all riders, past and present, and also those who have supported us throughout this long campaign of fundraising to ensure our hospital has the best facilities for our community.”

HAWKER PRINCIPAL COUNTS THE BENEFITS AS BIKES HELP TO BUILD STRONG, HEALTHY STUDENTS



Hawker Area School Principal Daren O'Neill was thrilled with the results of Bikes Palya's week-long visit to the town in June.

The whole school participated in the program, with different age levels focusing on different bike handling and road safety skills along with healthy eating and bike maintenance knowledge.

"It was a really beneficial program for our kids," Principal O'Neill said.

"In terms of personal growth, it was enormous – some of those kids pushed themselves beyond what they would normally do and got the hard

rides done. In terms of personal belief, that was big.

"This gave them something they could practise and a real healthy lifestyle option. On weekends up here they have to drive more than 100km to Orroroo or Port Augusta for things like football, basketball or netball, none of them are here. So, bikes are a really good option – they can just hop on and go for a ride with their mates."

Mr O'Neill is now looking to repeat the program in years to come, as well as considering a school cycling camp with Bikes Palya to Melrose, depending on fundraising.



But that is an area where the principal and his Hawker community excelled. Where some communities have struggled to find the grants, programs and corporate backing available to fund support and development programs like Bikes Palya provides to isolated towns, Mr O'Neill made it happen.

"We had to ask around a bit, but the trick was to give yourself plenty of time. We started this process early last year. It's a bit awkward to find the right grant sometimes but a bit of time invested online looking through all the grant options can reap tremendous results," he said.

HAPPY TRAILS IN HAWKER AFTER A WEEK OF BIKE LEARNING

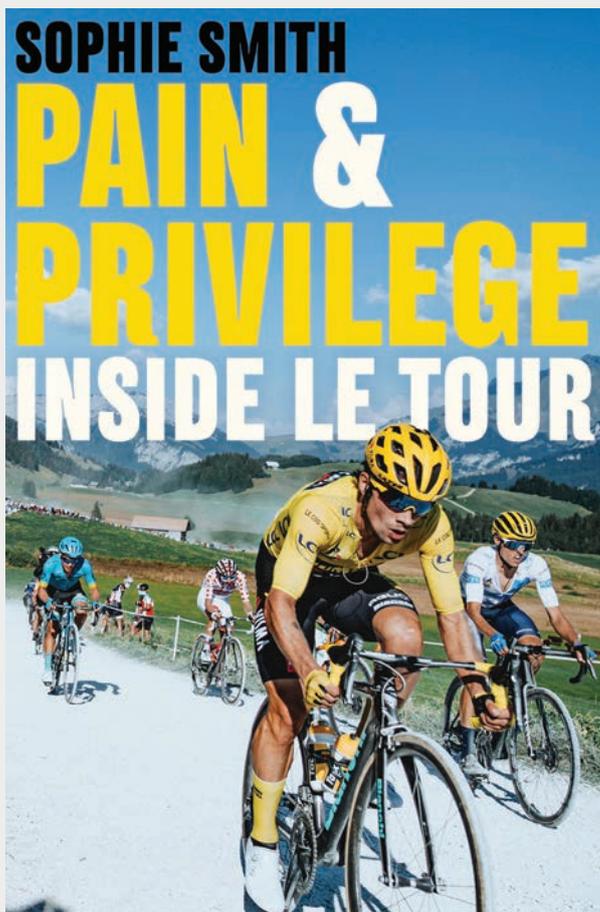


Recently, Bicycle SA's Bikes Palya team made their first ever visit to Hawker in the northern Flinders Ranges and worked for a week with a fantastic bunch of 43 students from the Hawker Area School.

The students' enthusiasm for the road safety and bike skills development work was a thrill to see and with the work they put in to improve the town's BMX track, they have even more opportunities now to practise their new-found skills.

We hope this was the first of many visits to Hawker.

BOOK REVIEWS



PAIN & PRIVILEGE: INSIDE LE TOUR

The most important thing to know about this book is that you do not need to be a full-blooded racing fanatic to enjoy it. If you like bikes, and people who like bikes and who share their passion for cycling with clarity and enthusiasm, this book is worth a read.

That said, if you know your Tour inside out, understand the difference between a peloton and a gruppetto and have strong feelings about Alps v Pyrenees, **Sophie Smith's** writing – based on 10 years of first-hand experience covering Le Tour – is no less rewarding.

As much as anything, this book is about people. People who love cycling, who have spent their lives and passions deeply ingrained in it, and the stories that arise from years of such immersion at the very peak of the sport.

But it is also about a social, cultural, sporting and political phenomenon – Le Tour de France. The world's biggest annual sporting event, it is the pinnacle

of cycling competition. It crosses borders, inflames passions and – with the magnificence of France's landscape, history and culture as its backdrop – attracts in droves those who couldn't care less about the general classification standings as well as it does the die-hard race fans.

Pain & Privilege: Inside Le Tour pulls back the curtain and offers a glimpse into the insider's experience of the frenetic three-week circus that is the Tour: What it takes to get there, what it takes to survive it regardless of the part you play in the Tour machine and the human stories of the flashes of colour that zip across our TV screens every July.

Pain & Privilege: Inside Le Tour is published by Ultimo Press and is available in paperback from all bookshops and in e-book form via online retailers, Amazon and Apple Books. RRP \$34.99

ULTIMATE CYCLING TRIPS: AUSTRALIA

This book, another in the Ultimate series of guidebooks, is a beautifully presented, enjoyable read that is sure to inspire new adventures or new takes on old favourites for the cycling enthusiast.

But it is more than that.

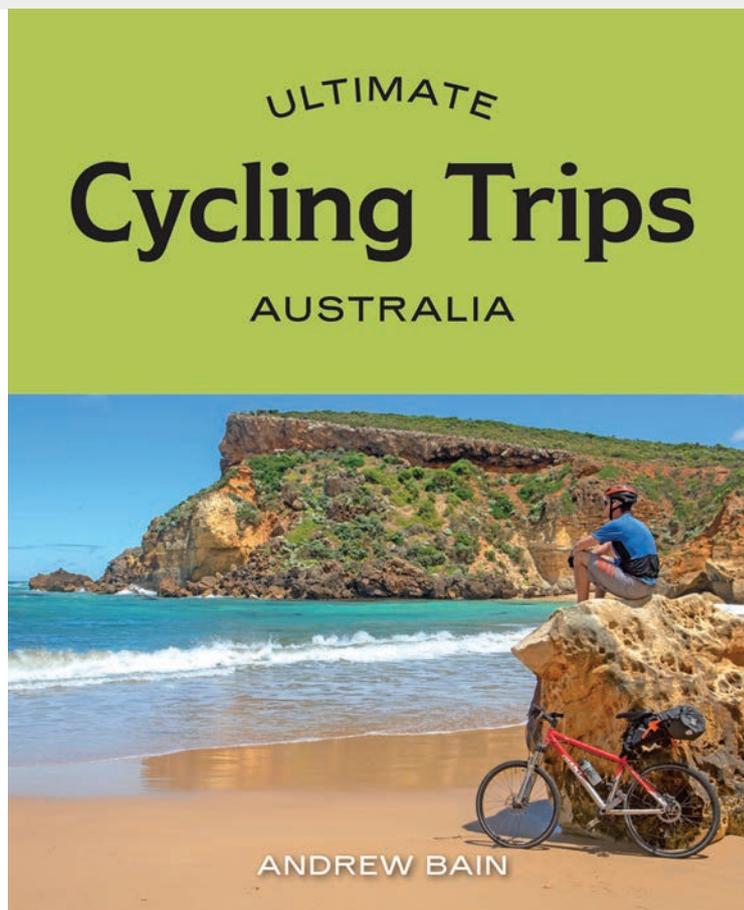
It's an invaluable resource full of detailed descriptions, maps, suggested itineraries, advice from what bike to choose to nutrition, hydration, health, fitness and preparation and even details on what to be aware of when taking your bike on planes or public transport.

Over almost 300 pages, author and cycling adventurer **Andrew Bain** provides a wealth of local knowledge on favourite routes, challenges and locales from across the nation. It is broken down by state and territory and even has a separate index "The Best of the Best" if you want to explore the best mountain rides or coastal rides or national parks throughout Australia.

South Australia boasts a 37-page spread featuring local highlights including the much-loved Mawson Trail, the Riesling Trail and the huge adventure playground of Melrose.

Even if your every holiday were a cycling holiday, *Ultimate Cycling Trips: Australia* would still offer you many, many years of service.

Ultimate Cycling Trips: Australia is published by Hardie Grant Explore and is available from bookstores nationally or Booktopia. RRP \$45.



SPRING INTO SPRING WITH BICYCLE SA

You've kept fit and fired up through the cold, wet winter and now, just around the corner, longer, warmer, brighter days are on the way. At Bicycle SA, we too are looking forward to the imminent arrival of spring and the enticing swag of events we have programmed for September, October and November.

Spring changes our mindsets, lifts our spirits and our energy levels and here in the office that applies to us not just on a personal level but as an organisation as well. We've worked hard to keep you riding through winter, to keep advocating for the changes we want to see across this state and to help, teach and encourage people and communities everywhere to get the most out of the multitude of opportunities cycling offers.

But we're ready to shake off the heavy layers, ready for the long, invigorating rides and – if this spring is like so many before it – so are you!

With that in mind, the culmination of the 2022 Grand Slam Challenge Series, the mighty 100km or 200km fifth round, will start and finish at Balhannah on Sunday 16 October. It will take in the beautiful backroads of the Adelaide Hills for a truly memorable, safe and fully supported day out on the pedals.

And, after an excitingly successful debut last year, La Grande Gita – your ultimate experience of the Barossa Valley – is returning for a bigger, better offering on Sunday 6 November.

Part of the Adelaide Italian Festival, which raises your Barossa adventure to the next level, La Grande Gita offers a range of rides to suit all ages and abilities as well as the option to ride on bitumen, gravel or some of both. All routes not only wind you through the most beautiful scenery of the Barossa but also feature stops at wineries along to the way to sample all the best food and wine sensations the region has to offer.

Capping it off is the option to embrace the event's retro theme and ride your old-school bike or historic kit, with prizes going to the best dressed and equipped. La Grande Gita is much more than your average ride – it's an event, an experience to savour on and off the bike.

And capping off our 2022 calendar of events is South Australia's biggest women's-only bike ride, Gear Up Girl, on Sunday 13 November.

Read all about the exciting changes to this long-time favourite on Bicycle SA's ride calendar on Pages 6 & 7 then lock in your entries to come and see how much fun it can be on a day out rolling along with your besties in a relaxed, fully supported and supportive group ride.

Don't miss out on our super spring program – come and ride the sunshine with Bicycle SA.



MEMBER STORIES

WHAT YOU MAY NOT KNOW ABOUT SPOKE TENSION

A FIVE-MINUTE CRASH COURSE WITH MARTYN AMES

Riders in general understand enough about their wheels to know that loose spokes and buckles are not a good idea. So what do you do about it yourself?

Option 1, the most common solution, is to take the wheel to a bike shop and part with the price of two slabs of beer to have them straighten things out. Alternatively, option 2 is to learn what to do with a spoke key and buy or borrow a spoke tension gauge and earn a six pack of beer from each of your mates - after you get good!

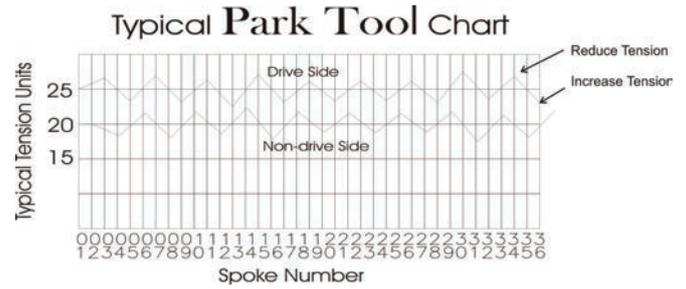
How is this achieved? Well, most of the problems with a wheel are due to slightly loose spokes and just like the stringing in a tennis racket, one loose spoke affects the tension of those around it. Now, any rider with a spoke key can tweak the tension and hopefully not also induce an out-of-round rim. The problem with a wheel is not just the looser spokes but those which somehow are tighter caused through trying to straighten the wheel. So, it is the variation in tension which is the difficulty and this may result in a broken spoke if one spoke is much tighter than the rest.

Looking at an ordinary rear wheel, it is clear that the tension varies between the drive and non-drive side of a rear wheel simply due to the different offsets as the spoke angles differ because of the need to balance the forces on the hub. For those who can remember trigonometry from school, you can work out the relative tensions left and right, however using a tension gauge such as the Park Tool device and using the supplied chart it is easy to find the correct tension according to the spoke diameter and material etc. Having found the chart's recommendation, it is simple to have a good guess at the variation left to right and start off with say 15 to 20% tighter on the drive side compared with the other side.

What you are trying to do here is to achieve two things. One being uniform tension on that side and then the other and, secondly, with this



A spoke tension adjustment tool.



near enough, a true-running wheel with the rim in the centre of the axle. Starting with an existing wheel this is easy. Building a new wheel, however, takes practice.

Looking at the chart, it is obvious that there are some spokes that are below the desired average and some above even though the wheel appears true. So, gradually work around the spokes on one side until those tensions are equal(ish) and then attack the other side. You may find you have

introduced a slight buckle but minor tweaking will alleviate that and suddenly every spoke will have the tension needed.

What you might also find with a so-called good wheel is that the tensions are lower than the ideal and hence can be tightened a bit to the recommended levels. Having done this you will find that the bike suddenly feels much tighter to ride.

Isn't science engineering wonderful!

WEDNESDAY WHEELERS GET DOWN AND DIRTY FOR A GOOD CAUSE

For the recent Clean Up Australia Day in early March, the Wednesday Wheelers group had a clean-up of the Veloway from Darlington to Reynella. At first glance there didn't appear to be much rubbish but when we went along on foot there was plenty. By lunch time, we had 10 full bags of rubbish plus a full Wheelie bin. Marion Council had to send a truck to pick it all up. Thanks to all the Wednesday Wheelers group for helping out on the day.

If anyone is interested in riding with a friendly group on Wednesdays, it is normally a 10:00am start, about 50km, lunch somewhere on the route, and no picking up rubbish. The start point varies, so contact Mal on 0407 870 470 for details.



Wednesday Wheelers clean-up team.

Avanti Plus Semaphore	Shop 4/135 Semaphore Road, Exeter 8449 8199	Hey Bikes	2/353 Anzac Highway, Plympton 0452 232 453
Bicycle Centre Mitcham	21-23 Belair Road, Kingswood 8271 0692	International Cycles	70 Payneham Road, Stepney 8362 2609
Bicycle Express	124 Halifax Street, Adelaide 8232 7277 138 The Parade, Norwood 8431 5711	io Merino	183 Melbourne Street, North Adelaide 8201 4198
Bicycle Fix	33 Onkaparinga Valley Road, Woodside 8389 7495	Little Black Bike	100 Gilbert Street, Adelaide 8221 5067
Bicycles Mount Barker	12A Walker Street, Mount Barker 8391 4777	Macpac	399–403 Main North Road, Enfield 8359 5866
Bicycling Australia Magazine	17-21 Bellevue Street, Surry Hills, Sydney NSW 02 9281 233	Moonta Cycle & Sports	49 George Street, Moonta 8825 3222
Bike About (hires and tours)	33b Onkaparinga Valley Road, Woodside 0413 525733	Mulga Bicycle Tours	mulgabicicletours.com.au 0412 309 711
Bike Society	274 Wymouth Street, Adelaide 8262 5449 391 Brighton Road, Hove 8358 1500	My Ride Salisbury	15/1700 Main North Road, Salisbury 8258 8885
Bio-Mechanics	260 Wymouth Street, Adelaide 8410 9499	My Ride Unley	80b Unley Road, Unley 8271 8001
Brooks Cycle Depot	63 Bridge Street, Murray Bridge 8532 2868	My Ride Woodville	820 Port Road, Woodville 8268 6404
Cluster Cycles	4/60 Liverpool Street, Port Lincoln 8682 3468	North Adelaide Cycles	1 Ward Street North, Adelaide 0448 567 788
Complete Cycle	45 Cliff Avenue, Port Noarlunga 8327 0200	Norwood Parade Cycles	216 The Parade, Norwood 8332 1889
Cycle Care Centre	Shop 1/32 Glynburn Road, Hectorville 8342 1882	Over the Edge	6 Stuart Street, Melrose 8666 2222
East End Cycles	Shop 1/290 Unley Road, Hyde Park 8271 6989	Reid Cycles	230 Pulteney Street, Adelaide 8227 0011
Easy Ride Bikes	19 Macquarie Street, Moana 0433 669 301	Ride Union Bike Co	11/220 Mount Barker Road, Aldgate 8131 0237
Euride	637 Lower North East Road, Campbelltown 8336 4490	SA Remedial Therapy Clinic	Level 3 55 Gawler Place, Adelaide 8221 6262
Flinders Cycles	1 Hospital Road, Port Augusta 8641 0269	South Coast Cycles	125 Beach Road, Christies Beach 8326 1664
G&D Cycles	7 Badenoch Street, Mount Gambier 8725 6002	Standout Cycles	195 Henley Beach Road, Mile End 8443 5435
Gawler Cycles	4/1 Theen Avenue, Willaston 8522 2343	Star Cycles	5 Barfield Crescent, Edinburgh North 8255 1979
Giant Adelaide	2–3/53–67 Hindmarsh Square, Adelaide 8223 5978	Super Elliotts	200 Rundle Street, Adelaide 8223 3946
Glenelg Cycles	754 Anzac Highway, Glenelg 8294 4741	Supreme Pro Cycles	32 Cadell Street, Goolwa 8555 5100
Goggleman	1300 464 453	Tailwind Cycles	81 Main South Road, O'Halloran Hill 8322 6714
		Treadly	Shop 5/4–10 Ebenezer Place, Adelaide 8232 0158
		Victor Harbor Cycles	victorharborcycles.com 0407 048 324

Members please note: discounts offered to Bike SA members are at the discretion of respective organisations and may not be available in conjunction with other offers.



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www.bikesa.asn.au/event/road-rides/la-grande-gita