

CYCLE

THE MEMBERS' MAGAZINE - No. 196
NOVEMBER 2022 TO JANUARY 2023



COMMUNITY CYCLING NEWS

CYCLING GOLD ON THE COPPER COAST

BIKE SA PARTNERS WITH BREAKTHROUGH MENTAL HEALTH

CHRISTMAS GIFT IDEAS FOR CYCLISTS

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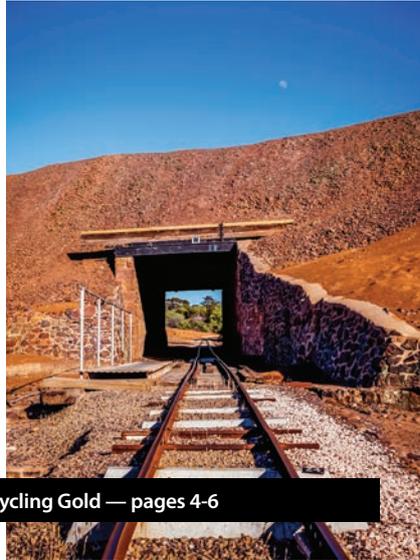
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The Crosby family enjoying the new Wallaroo-Moonta trail.

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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



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CHIEF EXECUTIVE'S NOTES

BRETT GILLETT



STRATEGIC PARTNERSHIPS STEERING OUR COURSE TO A BRIGHTER FUTURE

Community is what Bicycle SA has always been about.

From Day 1 we have operated by bringing people, skills and resources together for the purpose of uniting people to share the love of cycling in all its forms.

In the past few months, we have been extending that philosophy by reaching out to a growing number of like-minded partner organisations to broaden our reach and increase the opportunities for both Bicycle SA as a whole and, of course, our members.

Partners like our new Grand Slam Challenge Series naming rights sponsor **Zen Energy**, whose zero-emissions philosophy aligns so strongly with our own environmental and healthy living goals.

Or **hello SA**, our partner in encouraging more women and girls to take up cycling via their involvement with our Gear Up Girl ride in November, South Australia's biggest and best women's-only bike ride. Hello SA is all about sharing the best of South Australia with you and, naturally, that is what we focus on doing on two wheels.

One of our newest partnerships is with the **Breakthrough Mental Health Research Foundation** (who you can read all about on Page 7). Breakthrough's purpose of easing the suffering caused by mental illness is a natural fit with Bicycle SA as the psychological benefits of physical activity and social engagement – the core of our reason for being – are well known.

We support their work by promoting their Big Bike Ride on Sunday 20 November which generates vital fundraising dollars for their research. It's not too late to join this fun, inclusive ride so sign up and get involved in a great cause for the health and happiness of our whole community.

These new partnerships are the strength, reach and opportunity to drive our organisation into a new and brighter future. But we never

would have reached the 40-year milestone we have celebrated throughout 2022 without the longstanding, dedicated and generous support of those partners and sponsors who have been by our side for so many years already.

Andersons Solicitors, Roof Rack City, Hammer Nutrition, Ground Effect, event mechanical partners like **Adelaide Mobile Bicycle Service** and **Velomech** and government support from the **Office for Recreation, Sport and Racing, the Department of Environment and Water, the Department for Infrastructure and Transport** and **Forestry SA** have helped define the events we run and the services we offer and we are grateful and proud to acknowledge them.

As I said at the beginning, community is crucial. No person is an island and – in the uncertainty of the modern world – it is progressively harder for any organisation to prosper in isolation.

We will continue to seek out organisations who share our vision and our values and forge alliances to our mutual benefit.

We are building a stronger Bicycle SA to march into the future. Many others are reaching out to work hard in that endeavour but we will always welcome more to the cause. Will you ride ahead with us?

PRESIDENT'S NOTES

MAUREEN MERRICK



We were so pleased that after two years of Covid-related postponements our nine-day Annual Tour resumed in September. Although over the first few days both riders and volunteers were challenged by the weather, the sun and fine days did return.

Once again there was an overnight stay at the beautiful Chateau Tanunda, and we dined in their magnificent ballroom. There was also another night's stay at the historic Seppeltsfield Winery, with time to take in some of its past and explore the beautifully restored buildings in which curated art and local produce were on display.

I would like to acknowledge and thank the support of our riders who kept transferring their registration fees over the past two years, confident that the Annual Tour would resume.

And we thank the various communities for always making us feel so very welcome.

To all our volunteers, who made themselves available to join us on the tour, thank you for your efforts, which are very much appreciated. Congratulations and well done to you all!

Congratulations also to our Bikes Palya team for being able to continue their work in the APY lands despite the narrow windows of opportunity open to them because of Covid restrictions, particularly over the past two years.

Bikes Palya is predominately a programme for children and young people, and their communities, in the APY lands and remote outback communities. Through cycling, the programme provides opportunities for building the sense of achievement, self-confidence, self-esteem, responsibility and teamwork, while also helping to create a healthy activity and pastime.

Cycling is also an opportunity for the communities to learn more about maintaining their bikes, track building and track maintenance.

The skills and experience gained by the young people has the potential for work-related opportunities, another positive and wonderful outcome both for the communities and the programme.

Our Annual General Meeting is being held at 6.00pm Thursday 22 November 2022, at the West Adelaide Football Club, Hisense Stadium 57 Milner Rd, Richmond. This is your opportunity to hear about the organisation's activities during the past 12 months. I look forward to seeing you at the meeting.

As this will be our final Cycle publication for the year, on behalf of the Executive Committee members, Vice President Nathan Petrus, Treasurer Tom Walker, Secretary Anne Smith, Garry Bettison, Chris Beauchamp, Warwick Cooper, Edytka Mizgalski, Carol Seely and Nick Spyrour, warmest wishes to you all for the festive season and health and happiness throughout the coming year.

ENJOY A SUMMER VISIT TO THE COPPER COAST - AND FIND SOME CYCLE HOLIDAY GOLD



On those rare occasions when it happens, isn't it great when something you already love gets even better?

When your favourite ice cream cone gets a solid chocolate tip, when the factory raised the spec on that new bike you've been saving for.

Or when the holiday destination you've always loved just built something to make it more fun for everyone.

Well, I can't make any promises about your favourite bike or ice cream but, for the hordes of people who have long loved the Copper Coast region for a fun day trip, long weekend or endless summer vacation, better is the new normal. Particularly if you love your cycling!

Walleroo and Moonta, close neighbours and tourism hotspots on the pristine western Yorke Peninsula coast just a 90-minute drive from Adelaide, have built a 14.5km cycling and walking track between the two towns and it is open and ready to explore this summer.

The towns are already tremendous hosts to travellers. This year Wallaroo was named Small Tourist Town of the Year by the Tourism Industry Council South Australia while Moonta won in the Top Tourist Town category in 2021.

The trail is far from just a new place to stretch your legs and relax amid the natural beauty of the area. It is a fully fledged part of the region's rich heritage and at every point of its evolution has been made to complement the exploration of the historic Moonta Mines precinct.

With local and state government funding, the project – more than three years in the planning – started to break ground in February and will be complete in November. Copper Coast Council CEO Russell Peate said that extending the build time was the fact they worked closely with the National

“IT'S NOT JUST CYCLING AND WALKING, IT'S HERITAGE TOURISM AND CULTURAL TOURISM AS WELL. WITH THE TRAIL NETWORK WE'VE ALREADY GOT, IT'S A GOOD DAY OUT ON THE BIKE

– COUNCIL CEO RUSSELL PEATE

Trust of South Australia. The Moonta Mines precinct is nationally heritage listed and council is working to progress that status to a rare and coveted world heritage listing.

“There is a significant historical link in the copper mining between Wallaroo and Moonta,” Mr Peate said. “So the national trust was very keen for the track to come through the Moonta Mines precinct to highlight the icons they have there. It's not just cycling and walking, it's heritage tourism and cultural tourism as well.”

The trail spends the final few kilometres southbound towards Moonta on an old rail trail then finishes near the mines museum. There will be markers and historical information along the trail and at one of the mine sites outside the Moonta area there will be a deviation off the track so people can go and see a disused mine, with further information and amenities there.

The Wallaroo and Moonta Lions and Northern Yorke Peninsula Rotary are assisting with gazebos and seating so people can stop, eat, drink and relax along the trail.

“We saw the benefits of cycling tourism, from an economic point of view and the health benefits



as well," Mr Peate said. "We already have a trail from Kadina to Wallaroo and one from Moonta to Port Hughes. We've now completed Wallaroo to Moonta and our next step is to complete the triangle with a cycling and walking trail from Moonta to Kadina.

"With the trail network we've already got, if you want to ride the lot of it, it's a good day out on the bike."

One bunch who can positively attest to that is the Crosby family.

Podiatrists Richard and Sarah Crosby are keen cyclists and their daughters Eloise, 9, Harriet, 7, and Meg, 3, love getting out and joining them on the bikes every chance they get. For them, the new Moonta-Wallaroo trail is a fabulous addition.

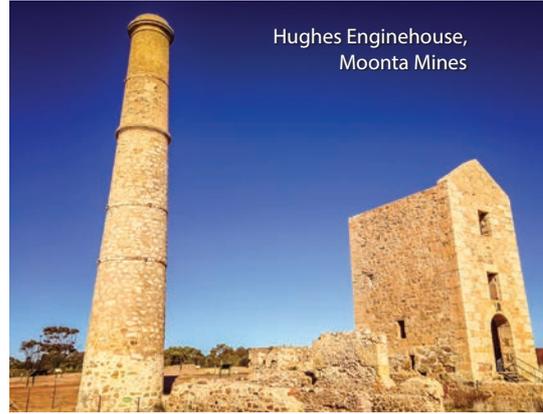
"Most weeks we would be out on the bikes somewhere. We live in Port Hughes and there's a great little bike track from there into Moonta," Richard said.

"This was the first time we'd taken the kids on this trail and we're looking forward to pushing along there a lot more. It's opening up a new opportunity to see some parts of Moonta, areas of the Moonta Mines that are rich in history. I think it's fantastic.

"Taking the bikes away is such a big part of travelling these days and the Copper Coast Council are obviously responding to that and this track is a great example of that. But it's not just for tourists – this is great for locals as well. I've ridden up through the Mines area and it's amazing the history there and the tracks to explore it.

"We're pretty excited about the development of this network of trails. With a young family, the more activities there are for us to do on the bikes, the more tracks to take, the more exciting it is for the area.

Continues Page 6 ➔



Hughes Enginehouse, Moonta Mines



Moonta Mines Museum



Moonta Mines



“WE’RE PRETTY EXCITED ABOUT THE DEVELOPMENT OF THIS NETWORK OF TRAILS. WITH A YOUNG FAMILY, THE MORE ACTIVITIES THERE ARE FOR US TO DO ON THE BIKES, THE MORE TRACKS TO TAKE, THE MORE EXCITING IT IS FOR THE AREA.”

**– PORT HUGHES RESIDENT
RICHARD CROSBY**



BICYCLE SOUTH AUSTRALIA INC -

ANNUAL GENERAL MEETING

6pm, Thursday
24 November, 2022

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

We would like the nominations to reach the office by Monday 21 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: Vice President
Treasurer

Three ordinary Executive members

Each of these elected positions will be for two years

MAUREN MERRICK OAM
President

On behalf of the Executive Committee

The Crosby family enjoying the new Wallaroo-Moonta trail.



...continued from previous page

“This trail network so far is very popular and a credit to the council and our family would certainly urge them to keep creating these tracks.”

Opportunities for local and touring cyclists are booming in the Copper Coast region. Mr Peate said the Barrunga West Council, which borders Copper Coast to the north and east, is looking to create a trail from Bute to Kadina as part of its recreational trail strategy.

There is also considerable enthusiasm to link the Copper Coast trail network to the Walk the York Trail, which boasts more than 500km of continuous shared walking and cycling trail from Port Wakefield all the way around the coastline to Moonta Bay. Barrunga West is also keen to link through to Walk the Yorke.

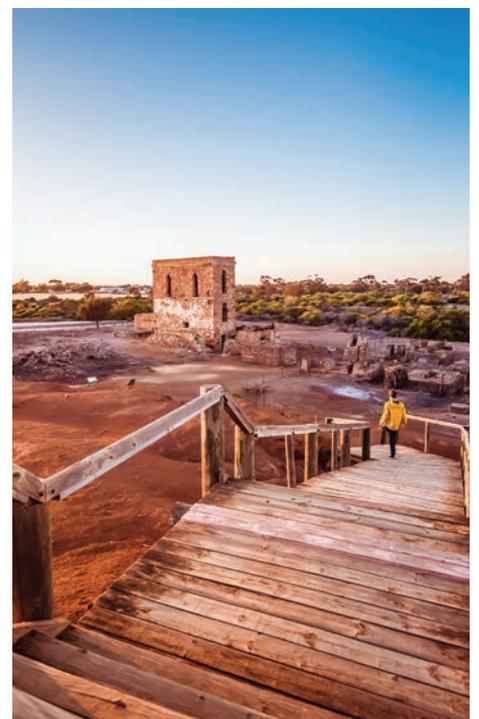


“Ultimately, we will look at how we can better close that gap and continue to expand people’s capacity to explore the entire Yorke Peninsula,” Mr Peate said.

So the stage is well and truly set for fabulous family vacation on the Yorke Peninsula. The whole

peninsula is a playground for the adventurous and the curious and the Copper Coast region has just added another item to the list of reasons to stay and play.

All that’s missing is you.





NEW PARTNERSHIP OPENS DOORS TO BETTER HEALTH FOR ALL SOUTH AUSTRALIANS

Bicycle SA is pleased to announce a new partnership with **Breakthrough Mental Health Research Foundation**. Breakthrough is Australia's only dedicated mental health research foundation which supports ground-breaking research into mental health care. This care is helping to transform the lives of those affected by mental health issues.

Bicycle SA CEO Brett Gillett said mental illness was one of the biggest health challenges of our time and the benefits of exercise and physical activity on our mental health were well proven. "It is important that the cycling community unites to support Breakthrough's mission of tackling mental health head-on," Brett said. "At Bicycle SA, our mission is to get more people cycling in South Australia. By achieving our goal, we are making a genuine difference to the health, mental health and wellbeing of our cycling community, which in turn supports Breakthrough in achieving their aims."

Through our partnership, Bicycle SA will help to promote the **Breakthrough Big Bike Ride** on Sunday 20 November and encourage Bicycle SA members to be involved by entering a team. Furthermore, for the months of September and October, Bicycle SA will be donating a portion of proceeds from all new Bicycle SA membership fees to support Breakthrough's ongoing research.

Sam Elliott, Partnership Manager of BTMHRF, noted the great alignment that exists between the two organisations. "We know that a sense of purpose and a sense of belonging are critical to positive mental health," Sam said. "And Bike SA as an organisation provides this environment in abundance to its membership base."

"At Breakthrough, aligning with like-minded people who understand the need for further research into mental health is really exciting for our team. With nine people losing their lives to mental health issues every day in Australia and one in five people suffering from a mental illness, clearly more needs to be done. Joining forces with organisations like Bicycle SA to tackle mental health head-on can only lead to positive outcomes for the community as we further explore what causes mental illness and, importantly, how we prevent it occurring in the first place."



Mark Soderstrom with a happy participant last year.

“ A SENSE OF PURPOSE AND OF BELONGING ARE CRITICAL TO POSITIVE MENTAL HEALTH AND BIKE SA PROVIDES THIS ENVIRONMENT IN ABUNDANCE. ”



2021 Big Bike Riders looking forward to the adventure

JOIN THE BIG BIKE RIDE AND STRIKE A BLOW FOR MENTAL HEALTH

The Breakthrough Big Bike Ride on Sunday 20 November offers you the choice of 50km or 100km routes, both starting and finishing at the Big Bike Village in the stunning gardens of Government House.

The 50km ride heads down Grange Road to the beach where it follows the picturesque esplanade all the way to Outer Harbor and returns to the city via historic Port Adelaide, the Port Adelaide Greenway and the River Torrens Linear Park. The 100km venturers will first head to the Crafrs Bikeway along the South Eastern Freeway, climbing to Eagle on the Hill and on to Mount Lofty Summit. They will then wind through the tranquillity of the Adelaide Hills to descend Montacute Road to the city before going on to complete the 50km coastal loop.

Make it a great day out with friends or family by gathering a group of your favourite ride buddies and together strike a blow for mental health care.

To enter the Big Bike Ride – or for more information about all the fun and opportunities on offer - go to www.breakthroughbikeride.org.au/about



Sam Elliott and Brett Gillett at Government House

“FAQ: BICYCLES AND THE LAW”

A andersons

CAN I GET CAUGHT SPEEDING ON MY BIKE?



Yes – Cyclists can be charged with the same traffic offences as drivers, including speeding! It is important to remember this when cycling through school zones, for example. If a school zone speed limit is in operation, cyclists need to reduce their speed in the same way other vehicles do. This also applies to temporary reduced speed limits. For example, when passing stationary emergency services vehicles with flashing lights, car drivers and cyclists must reduce their speed to 25km/h.

CAN I GET CAUGHT DRINK CYCLING?



Yes – Cycling while intoxicated is a criminal offence. So, next time you decide to leave the car at home to have a few drinks, make sure you leave the bike behind as well!

CAN MY BIKE GET SLAPPED WITH A DEFECT NOTICE?

Yes – Under the Road Traffic Act 1961 and the Australian Road Rules, the definition of ‘vehicle’ includes a bicycle. This means that a bicycle can technically be issued with a defect notice in certain situations. Regardless of the legal ramifications, there are of course significant safety concerns with riding a bike that is not in good working order, and we would recommend regularly checking your bike, for example its tyres and brakes.

SOME JURISDICTIONS ALLOW BIKES TO TREAT STOP SIGNS AS GIVE WAY SIGNS. HOW DOES SOUTH AUSTRALIAN LAW SEE THAT?

South Australian law requires cyclists to stop at stop signs.

I DON’T FEEL COMFORTABLE CYCLING ON THE ROAD. CAN I RIDE ON THE FOOTPATH? CAN I USE A PEDESTRIAN CROSSING TO CROSS A ROAD SAFELY?



Yes – Cyclists may ride on the footpath or the road, except where signs specifically forbid bicycle traffic. When riding on a footpath, or other pedestrian path, cyclists must keep left and give way to pedestrians. Cyclists may also ride across pedestrian crossings, including school crossings. Again, cyclists must keep to the left of the crossing, and must give way to pedestrians.

Common sense is key when sharing the road, or footpath, with other road users or pedestrians. It is an offence for a cyclist to cause a traffic hazard by moving into the path of a driver or pedestrian, so it is important to take care when cycling, regardless of whether you are on the road, the footpath, or crossing the road.

ARE THERE MINIMUM FOOTWEAR REQUIREMENTS FOR LEGAL CYCLING?

No - There are no minimum footwear requirements for cycling or driving a motor vehicle on South Australian roadways. However, while the law doesn’t mandate the wearing of sturdy, closed-toe footwear, or high-visibility clothing to attract the attention of other road users, we would always recommend putting safety first when choosing a cycling outfit!

BELLS: MANY CONSIDER THEIR VOICE TO BE A SUFFICIENT WARNING DEVICE. IS THAT THE CASE OR ARE BELLS MANDATORY?



Your voice is not considered to be a sufficient warning device! By law, every bicycle must have a functioning warning device such as a bell or horn within easy reach of its user. Of course, in an emergency, or to avoid an accident, using your voice as well as your bell or warning device is always a good idea.

WHAT OTHER LAWS DO I NEED TO BE AWARE OF WHILE CYCLING?

It is widely known that cycling without a helmet is a criminal offence in South Australia. But there are also some lesser-known laws that apply to bicycle riders specifically. For example, under the Australian Road Rules:

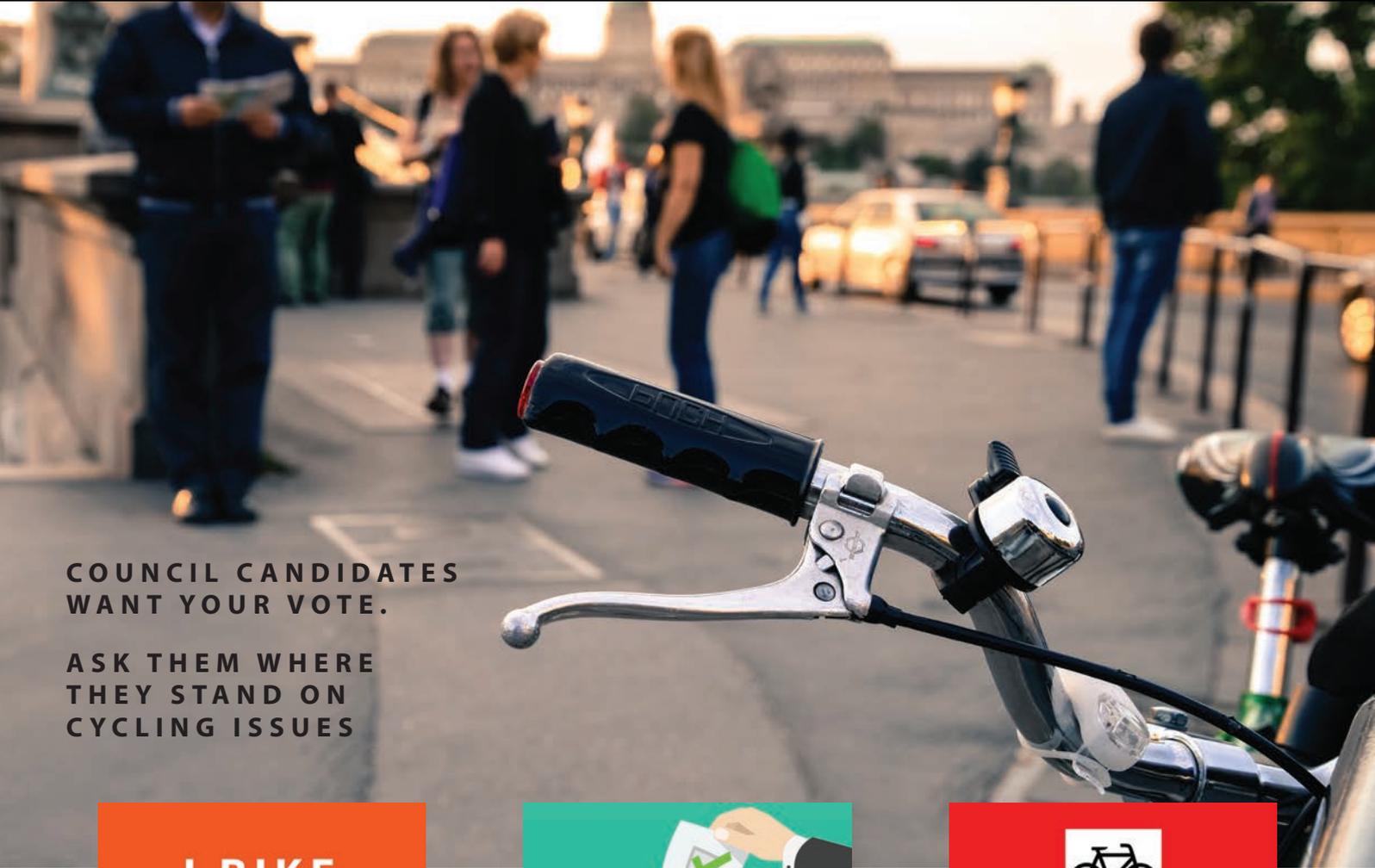


- “Tailgating” on a bicycle is a criminal offence. Specifically, a cyclist may not ride within two metres of a moving vehicle for more than 200m;
- In addition to being unsafe, it is illegal to ride a bicycle without at least one effective brake; and
- In order to ride a bicycle at night, or in hazardous weather conditions, the bicycle must be fitted with a white light on the front and a red light on the back, which must be visible from at least 200m away. The bicycle must also be fitted with a red reflector light on the back, visible from 50m away.

WHAT CAN I DO IF I’VE BEEN INVOLVED IN A CYCLING ACCIDENT?



Despite all good intentions, accidents happen. If you have been injured in a cycling accident, for example a collision with a car, or a fall from your bike while avoiding a collision, you may be entitled to compensation for your injuries under the CTP (Compulsory Third Party) scheme. Importantly, you may be able to make a claim even if you don’t have the details of the driver involved. If you have been injured in a bicycle accident, please contact our expert Personal Injury team for a free first consultation.



**COUNCIL CANDIDATES
WANT YOUR VOTE.**

**ASK THEM WHERE
THEY STAND ON
CYCLING ISSUES**



It's election time for South Australia's 68 councils.

Make sure your vote counts for the issues you hold dear and be sure to ask those who want your support if you have their support when it comes cycling and cyclists' needs, safety and priorities.

Local councils are the decision-makers for a myriad of important policies about active transport – from protected bike lanes to end-of-trip facilities to other cycling-specific infrastructure and safety policies.

The East-West Bikeway across the Adelaide CBD - which the council cancelled in 2021 despite being gifted \$3 million dollars for the project by the State Government – is the clearest local example of councils putting active transport users at the absolute bottom of the pecking order but that decision and that attitude are hardly unique.

The motor vehicle obsession that drove the same council to propose a “drivers month” in November 2020 at the same time that the rest of the world was using the pandemic to increase safe walking

and cycling infrastructure and encourage more clean, green, healthy transit and fewer noisy, gridlocked, polluted streets is shared by others who think motorists are the only ones who spend money in our shopping precincts and the only ones who use our roads.

That is not the case and the numerous examples overseas since the pandemic began of cities prioritising people over motor vehicles and the social, economic and environmental benefits they have reaped as a result confirm this.

So ask questions. Find out if candidates value the abundant evidence of better, healthier ways of doing things or if they are rooted to the old ways that have choked our streets and swamped us in noise, pollution and danger for the past 70 years.

If you're on the election roll, you will have automatically received a ballot pack in October and the voting window closes on 10 November.

**“
BE SURE TO ASK THOSE WHO
WANT YOUR SUPPORT IF
YOU HAVE THEIR SUPPORT
WHEN IT COMES CYCLING AND
CYCLISTS' NEEDS, SAFETY AND
PRIORITIES.
”**

BIGGER, BETTER, BRIGHTER, GRANDER GITA



Happy riders from last year's awesome inaugural ride.



Our new event last November - the great exploration of the beautiful Barossa Valley with tastes of produce, nostalgia and all things Italian as part of the Adelaide Italian Festival, La Grande Gita – is back with a vengeance for 2022.

La Grande Gita made a stunning debut in 2021, with a strong field of enthusiastic riders, passionate and welcoming wineries and cellar door operators and the unrivalled landscape combining to deliver a first-class ride day experience which 96% of survey respondents said they would recommend to others.

But we weren't satisfied and for this year's event on Sunday 6 November we have added an even bigger challenge – the Mega Grande 85km ride – for those who really want to test themselves against the biggest climbs the Barossa has to offer.

Until the 38km mark, the route is the same as for the 60km Grande option. But once you have tackled the early climbs of Trial Hill Road and the Grande riders turn off to explore Steingarten Road, the Mega adventurers will continue ahead as Trial Hill Road changes from bitumen back to gravel and keeps climbing as it continues further through the picturesque countryside of Pewsey Vale and Flaxman Valley. It then finishes with a fabulous descent of the infamous Menglers Hill before celebrating a "Mega Grande" achievement back at Calabria Wines.

All the very best of the inaugural year remains including the option to embrace the vintage theme with your bike, your clothes or both, the inclusion of tasting experiences via the generosity of participating wineries, the awesome hospitality of our Event Village hosts at Scalzi Wines and Harvest Kitchen and all the other opportunities that come from La Grande Gita being part of the Adelaide Italian Festival.

So don't miss out! Get your entries in, bundle the family up for a well-deserved weekend away and take part in an event that is the equal of any boutique wine country experience you'll find anywhere.

Go to bikesa.asn.au and register now.

ON SUNDAY 6 NOVEMBER WE HAVE ADDED AN EVEN BIGGER CHALLENGE – THE MEGA GRANDE 85KM RIDE – FOR THOSE WHO REALLY WANT TO TEST THEMSELVES AGAINST THE BIGGEST CLIMBS THE BAROSSA HAS TO OFFER.



NEW FACES, NEW ERA FOR TEAM BSA'S COMMITMENT TO KIDS



Brad, Tommy and Julia (L-R)

Antje Dietz

Buoyed by the ongoing success and expansion of our Bikes Palya program – using bikes to benefit isolated and underprivileged Outback kids and communities – Bicycle SA has reinstated its Team BSA program to achieve similar goals with the same recently expanded Palya team.

Team BSA is a program for at-risk youth aged 12-18 as well as those in disadvantaged and/or remote communities. It provides an alternative course module to those typically offered in standard school curriculums.

A key Team BSA objective is to increase school retention numbers by encouraging participating students to complete the Team BSA program and engage in additional conventional school activities.

“**WE USE THE BICYCLE TO PROVIDE A PLATFORM FOR DEVELOPMENT OF CHARACTER, SELF-BELIEF AND AS A PATHWAY TO WELLBEING.**”

Fully funded by the Federal Department of Home Affairs, Team BSA ties the rewards and benefits of involvement in the program to obligations, challenges and responsibilities. We use the bicycle

to provide a platform for development of character, self-belief and as a pathway to wellbeing.

Team BSA resumed in August, following the success of the federal grant application. At the end of June, Julia Dempster came on board to head the Bikes Palya/Team BSA unit, replacing outgoing head Joey Fagan.

A lifelong member of the not-for-profit sector, Julia's "passion for working with indigenous communities" and her motivation to make a difference led her to seek this role. Underpinned by her values of equality and opportunity, her vision is to expand the programs to service more remote communities as well as across metropolitan Adelaide.

To help her do that, Brad Grantham and Tommy Eysers have joined the team as instructors and have already spent months on the road re-establishing Team BSA across Eyre Peninsula.

Brad started with us in July, bringing to us his skills both as an instructor and a talented trail builder. His motivation was simple – being able to do what he loves, riding and building trails, while also being able to positively affect the lives of so many children.

"The satisfaction of seeing kids pick up so much right before your eyes is hugely motivating," Brad said. "My hope is that we can expand this program all over the state."

Tommy had his eyes opened when he headed out on the road with Brad for eight weeks teaching, inspiring and enthusing hundreds of youngsters.

"That trip taught me so much of what a bike can do for kids and the impact it can have across their whole lives," Tommy said. "We work on the philosophy of 'There's not much a bike can't fix!'"

Back in the office, the institutional knowledge for the new team-mates is program co-ordinator Antje Dietz, who has been a Bike Education and Bikes Palya instructor before taking up her current role in 2021.

As a passionate cyclist, Antje knows about the importance of a program that brings a fun, safe and engaging cycling culture to remote outback communities and encourages youth to explore and experience their skills and capacities on a bike.

These programs define the ethos of Bicycle SA and its purpose – to bring people together, encourage them and improve lives through the power of the bike. And with this new team steering the services into a new era, we are excited to see what they will achieve.

To register your interest in Bikes Palya or Team BSA visiting your community, contact Bicycle SA at office@bikesa.asn.au or (08) 8168 9999.

CHRISTMAS GIFTS FOR THE PASSIONATE CYCLIST IN YOUR LIFE

Christmas should be the time of warm, sunny days, long lunches, longer rides and precious time with friends and family.

Sadly, most of us remember it as a time of stress, crowds, pressure and rushing around to perfectly fill out our gifts list.

Well, this year we aim to make it just that little bit easier. Bicycle SA may not be able to solve all your gift-wrapped dilemmas but – for the avid cyclist in your midst – we’ve got you covered!

Take a look below at some of the tempting treats offered by some of our most valued sponsors and supporters and pick something that will help get their 2023 ride goals off to a first-class start.

Kits are like bikes – the ideal number is always one more than what you have now! And two of our favourite backers – **IoMerino** and **Ground Effect** – have some awesome clothes to keep you fresh, comfortable and stylish for years to come with their top-quality apparel.

IoMerino is a local Adelaide company producing ethically made, natural fibre garments that fit the bill no matter where, when or how you ride. Like

this jersey (made because the boss is a mad cyclist) and the t-shirt and neck warmer – all made from natural, breathable merino wool for year-round comfort.

Check out their full range at iomerino.com and get a 15% discount with this code BIKESA2022, valid til the end of 2023.

Ground Effect is our great friend from across the Tasman and their products more than live up to their nation’s reputation for obsessive outdoor activity! Like this super lightweight hi-vis windproof vest, this long-sleeved top for protection from the sun, wind and chills and reinforced full-finger riding gloves.

Ground Effect gear comes in distinct men’s and women’s versions and will be delivered to your door within a week. Visit them at groundeffect.co.nz or freecall 1800 145 333.

Ground Effect Tip Top Jersey



Ground Effect Spectre vest



Ground Effect Kingfisher Gloves



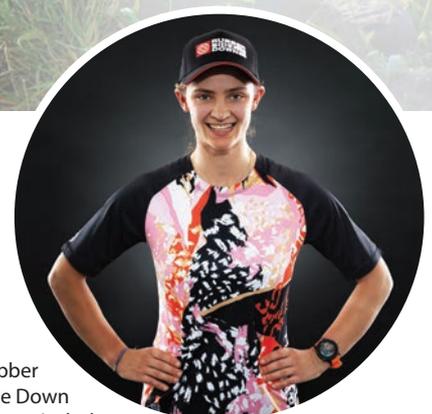
Head for the Hills Off-Road Cycling provides expert MTB coaching, training and activities for kids and adults and their services cater to newbies right through to serious racers for individuals, groups, schools and special events.

So, whether it’s for family, a friend or even self-service secret Santa, see all of their offerings at headforthehills.net.au or download one of their gift certificates at headforthehills.net.au/gift-certificate

Rubber Side Down produces Australian-designed-and-made clothing and accessories to make you look and feel great whether you’re flying down wild trails or relaxing after that ride telling tall stories. From moisture-wicking base layers and UPF30+ jerseys to socks, tees, hoodies and even mudguards, **Rubber Side Down** has something for everyone. Check out their extensive range and their awesome “Involuntary Discount Replacement” policy at rubbersidedown.com.au



Rubber Side Down men’s gear



Rubber Side Down women’s clothes



Above: IoMerino t-shirt
Below: IoMerino Jersey

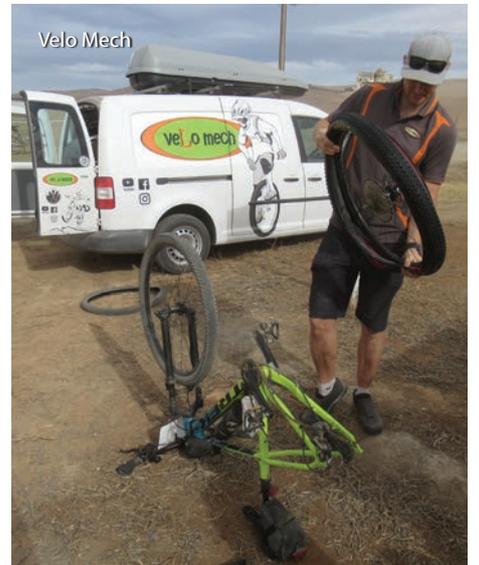


Cycle Closet has the full spectrum of products to cater to every cyclist's needs – road, MTB, men, women, kids, accessories, the lot – and the expertise at their Pirie St store to help you get the most out of it. Check them out at cyclecloset.com where you can buy a gift card for your favourite bike fanatic in just a few clicks.



Adelaide Mobile Bike Service

WE HOPE THIS INSPIRES YOU TO PUT A SMILE ON THE FACE OF YOUR FAVOURITE CYCLISTS



Velo Mech

Adelaide Mobile Bike Service and Velo Mech are highly skilled mechanics who regularly support Bicycle SA on our one-day and touring events. Both provide a wide range of services year-round but also offer gift cards for you to tie to the tree. Contact Darren at AMBS at adelaidemobilebicycleservice.com.au and Lindsey at Velo Mech at [facebook.com/lindseycollavelomech](https://www.facebook.com/lindseycollavelomech).

And when you want to get away for a cycling holiday with all the fabulous kit you've been given to use the skills you've learned from some first-class coaching sessions on your freshly serviced bike, you're going to need some quality equipment to securely load your pride and joy onto your car.

For that, head straight to **Roof Rack City**.

With the largest range of bike racks in Adelaide, they'll have something to suit your needs whether you want to carry bikes on your roof, towbar or any other specialist method. Their staff are cyclists and they can also fit your racks for you.

We hope this inspires you to put a smile on the face of your favourite cyclists. But whatever you do with your Christmas gift list, wherever and however you spend the day, Bicycle SA wishes everyone a happy and healthy Christmas break and all the very best for 2023.



MEMBER STORIES

THE DAY MY NUMBER CAME UP

AN ACCIDENTAL STORY BY
WARWICK MCLACHLAN

2021 Outback Odyssey - Saturday, 15 May

This is a story for the wise and the foolish, both of which groups enjoy mountain bike riding with Bike SA on their biennial Outback Odyssey.

This was my fourth Odyssey and at 78 years of age probably would be my swansong. The last day from Wilpena Pound to Blinman, after nearly 900km over the previous 13 days, is the "show what you are made of" day. It starts with single track through trees not wide enough for handlebars, U-shaped creek crossings – very fast down, very slow up, loose rocks aplenty, a sandy riverbed (spinning wheels sink to their hubs and you look like a meerkat digging for grubs).

The day is 67km in total and you finish smiling - or grimacing - from the effort (you choose). Men and women of fitness and finesse strut or suffer their stuff on this last day or do a lot of walking and "pushbike" means what it says.

About 25km from Blinman, I came unstuck. Down into the creek bed at speed to get impetus up the other bank, I bounced over the river rocks, miscued on the gear change and almost instantly stopped. I couldn't release out of the right-hand cleat, gravity took over and I fell into a sharp, pointing rock alongside the track.

Falls from bikes take two forms. The first involves embarrassment, then a quick rise off the ground and away cycling before anybody sees. The other one results in lying on the ground and staying there. I had the second one. I felt a strange, hard, round thing sticking out of my elbow and thought "I haven't felt that before. It was not there a moment ago". I called to Marie, my riding buddy – "I think I've broken something". She thought I had hurt my bike. Things went downhill from there.

It's time for a couple of explanatory notes to non-Odyssey participants – Sag wagon driver Ray each night at dinner gives an extensive talk on the terrain to be covered the following day and he has an encyclopaedic knowledge of early white man pastoral settlement which he shares with us.

The night before my fall, participant Jerry spoke about the meteorite that fell in these parts about 480 million years ago. The striated rocks with sharp points against which I fell had waited that time for human blood. Science-fiction would suggest the rocks will turn into humanoid form and bring the world to an end. But I digress.

I was lying off the track with an open compound fracture of my elbow, wrapped in a space blanket. Some riders averted their gaze. The two wedge-tailed eagles circling lazily above my resting place saw me as carrion, although doubtless wondered

how to rip the space blanket off my corpse.

I indicated to Bernadette, who was providing conductive body heat in the pre-foetal position alongside me, that she would be remembered in my will. Unfortunately given her light weight, her body heat was equivalent to an iPhone battery and I was getting no signal.

I was profoundly grateful when Ray turned up tolerably promptly with his helper Paul and discovered how difficult it is to maintain social conversation through pain-gritted teeth, bouncing to Hawker Hospital in the 4WD.

I discovered the meaning of 10 on the pain scale when the locum at Hawker Hospital lifted my open compound fractured elbow for bandaging. "Relieving Doctor" was a complete oxymoron at that point. I have never experienced such acute jangling of my body entirely subsumed into a specific point at an extremity. Whatever secrets I can expose were there for the taking, should anyone listen between the screams. Marie tells me the doctor's body language was full of apologia.

By 9pm, 12 hours after the accident, I had the surreal experience of lying flat on my back watching the ground disappear in a Royal Flying Doctor Service plane carrying me to Adelaide.

The RFDS calls its hangar at Adelaide a "Transit Station". Transit is a plastic word as we waited for seven hours for the ambulance to appear.

Saturday night and Sunday morning in Adelaide must be the time for hobgoblins, demons, ne'er-do-wells and creatures of the night to dance their drunk and drugged way through the streets until collected by the ambulance sweepers and deposited into A&E. So, at 5am on Sunday I was collected with appropriate apologies for the delay and watched the night detritus at A&E while my room was made up. This experience should be made a rite of passage for all innocents abroad to ensure their path of purity and civil behaviour remains firmly narrow. (I also learnt that ramping is not a sexual move that I was not familiar with but the stacking of ambulances waiting to discharge the cargo. Who knew?)

To then be operated upon within 4 hours, (for 3 hours!) by a competent orthopaedic team on a Sunday morning is an incredible testament to the Australian health system and, although I had private hospital insurance, I was admitted as a public patient with no evidence of my identity apart from a set of bike tools and a Hawker Hospital-issued gown.

At 78, I have been screwed many times but don't usually get a subcutaneous plate as extra table service, plus nine screws for cutlery. Live long enough and new things will happen!

Hospital time is not based on Earth time but on Mars time whose year is 687 Earth days. Like a

Warwick at Blinman to end Odyssey 2019



Salvadori Dali painting, the clocks hang limply on the beige walls and its hands only pretend to move.

Recovery proceeds and my right hand in a sling does not know what my left hand is doing. Once dexterous, my moves are now sinister and I have the clumsiness of an undeveloped right hemisphere of my brain. Many have suspected that for years but maintained polite silence.

In due course the 16 stitches are removed and olecranon (a.k.a. elbow) mobility begins to reappear. I can reach body parts that previously, and perhaps in polite company, were and should remain off-limits.

Back on the mountain bike, five months later and a soft fall into some grass on a berm tells me my confidence is gone and I should act my age. Nevertheless, there is a mountain of gravel roads, and gravel roads on mountains, that are waiting for a benign and cruisy ride. My 15 minutes of fame is almost past and I will be shortly joining the anonymous band of OMILs (old men in lycra) cycling into their dotage and the occasional rockface. The elbow is fully functional and capable of passage making through a crowd, if so required.

To the reader I suggest cutting your MTB cloth to suit your talent, inclination, current age, and a light touch of some stupidity.

To the able-bodied by whom these notes may be read, I wish you well with as much wholeness as mountain bike riding, ageing, and defective genes may allow.

I hope none arrive in my position and wish you safe passage. May Bike SA continue its grand adventure every two years and all cyclists with two feet and a heartbeat put two wheels on the ground and turn up at Blinman intact and delighted with the work done to get there.



*Celebrating 40 years
1982 - 2022*

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.



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#3
JUN

YANKALILLA
(60KM/120KM) 4 JUNE

#4
AUG

WILLIAMSTOWN
(75KM/150KM) 27 AUGUST

#5
SEP

ECHUNGA
(100KM/200KM) 24 SEPTEMBER



bikesa.asn.au/grand-slam-series