

## Grand Slam #5 2022 Balhannah – Post ride wrap-up

An extra early start in fresh and somewhat foggy conditions greeted riders who turned out at Balhannah last Sunday for the final 100km or 200km edition of the 2022 Grand / Mini Slam Challenge Series. 76 committed riders saddled up on the day in mostly sunny conditions as they tackled the first 100km loop. Most were content to ride just one 100km loop however 23 riders set themselves the challenge of the full 200km distance. There were, no doubt, several PB efforts on the day.

WELL DONE to all who participated in the series throughout the year and a well-deserved CONGRATULATIONS to those who completed all 5 Mini or Grand Slam rides this year. A fantastic effort to be proud of - we hope that you enjoyed your ride experience.

We will tally up all the results in the days ahead and publish a full list of those who completed the Grand or Mini Slam Series challenge plus those who achieved Club 500 status by participating in only 4 of the rides for the series but still managed to accumulate 500km or more of riding. We will also announce this year's winners of the Grand and Mini Slam Perpetual trophies.

### QUICK SURVEY – send us your thoughts

We'd love to hear what you thought of this year's Grand Slam Challenge Series and invite you to take part in a brief survey. This will help us understand what you most enjoyed about the rides and the areas we can improve on in the future. The survey should take less than 10 minutes of your time to complete plus you could win a \$50 [Ground Effect](#) clothing voucher just for participating. [Click Here to begin](#)

### Many thanks to our Grand Slam Challenge Series sponsors for their generous support



[Roof Rack City](#) have been fantastic supporters of the Grand Slam Challenge Series and many other Bike SA events. Need a new bike or roof rack for your car or trailer?

Pop in and see the team at 37 Gilbert Street, Adelaide. They will provide you with expert advice on the type of rack best suited for your vehicle. All riders who signed up for the Grand Slam Challenge Series at the start of the

year were in the running to win a \$250 Roof Rack City prize voucher.

**Congratulations to this year's winner, Steve Torok from Para Hills** [www.roofracksa.com.au](http://www.roofracksa.com.au)

Adelaide  
Superb  
Chauffeurs



[Adelaide Superb Chauffeurs](#) can provide passenger and cycle transport to/ from your home to any of our cycling events including Grand Slam. If you're heading off on holidays, they can arrange transfers between Adelaide Airport and your home or hotel.

They can also assist with sightseeing & winery tours or any other situation where you need someone to transport you and/or your bike. Your bicycles and luggage will be well looked after in their fully enclosed lockable trailer so there is plenty of room.

You can download an Adelaide Superb Chauffeurs flyer [HERE](#)

**CONGRATULATIONS to Mark Gomez from Mile End** who was the lucky winner of a \$100 gift voucher for [Adelaide Superb Chauffeurs](#)



### **Fuel right, Feel GREAT!**

Congratulations to the following riders who were lucky winners in the random draw for a \$50 [Hammer Nutrition](#) prize voucher:

Ellen Bates – Fullarton, Darren Cutler – Adelaide, Jeff de Koning –

Hawthorndene. John Girvan – Paechtown, Shannon Hemmings – Mt Barker,

Alana Sharman – Flinders Park, Kylie Thane – Lyndoch, William Wallace – Burnside

All Bike SA event supporters can purchase Hammer Nutrition products at a 10% discount at Hammer Nutrition.

Purchase the products online then proceed to the checkout cart. Insert the code BICYCLES in the coupon section, click apply, your discount will be applied, and then proceed to checkout. **Remember "Fuel Right, Feel GREAT!"** [Click Here](#) to read about "Recovery – A Crucial Component for Success"

**A very Big Thanks to all of our volunteers** who have helped with marshalling, refreshments, catering, signage and route support throughout the year. Like many organisations, volunteers play an important role in the success of our events and we are always looking for new faces to join the team. If you would like to volunteer some of your time to assist at our events or know someone else who might, you can find further information by visiting our website <https://bikesa.asn.au/volunteering>

**A andersons** [Andersons Solicitors](#) are the official sponsor of Bike SA's valued volunteer team. All Bike SA members automatically qualify to receive a first free interview and 10% discount on already competitive fees.

Those services, together with your Free Basic Will, are available to any financial member who requires any legal assistance including personal injury claims.

### **See you in 2023**

We look forward to seeing you again next year when the Grand Slam Challenge Series kicks off again on Sunday 26 February 2023 at Mt Torrens (40km or 80k)

Why not encourage your colleagues, friends and family to join you next time? It's a great way to get out and enjoy the fantastic riding on offer in the Adelaide Hills & Fleurieu region. It also provides the ideal opportunity to improve your on-road confidence and cycling skills in a friendly and supportive environment. Whether you ride just a single Mini Slam loop or complete both loops of the Grand Slam ride you get to set the challenge and help attain your fitness and endurance goals.

In the meantime, there's plenty of pedal action to keep you busy for the rest of the year and over the summer months ahead including:

#### Sunday 6 November – [La Grande Gita](#)

A fabulous partnership with the Adelaide Italian Festival – bring your classic Vintage ride and Vintage wear. We present a family friendly Barossa weekend ride experience – from quiet backroad and flat rail-trail riding to some of the most challenging gravel and bitumen riding in the Barossa.

All this combined with local food produce and wine tastings and in the tradition of our European friends, showing off your wonderfully presumptuous vintage dress-up fashion style. And above all – your vintage bike!!

Naturally we welcome those riding 'velo moderne' gravel/road bikes as well...

Ride it – Wear it – Show it – Flaunt it. You know you can Own It!! Prizes on offer...

A ride for everyone with four routes to choose from including the 85km Mega-Grande, 60km Grande, 44km Mezzo and 25km Piccolo

#### Sunday 13 November - [Gear Up Girl SA](#)

Bonython Park Adelaide

This one is just for the girls. A great day out with friends and family - ride to support and encourage more women to jump on the bike and enjoy the benefits and freedom of cycling.

Bike SA's [Free Rides Programme](#)

Happy pedalling

The Bike SA Team