

TUESDAY TREADLERS

ENJOY THE ADELAIDE HILLS

TUESDAY TREADLERS MEET EACH TUESDAY AT BALHANNAH OVAL* FOR A ROAD BIKE RIDE STARTING AT 9.30 AM. NORMALLY A CHOICE OF TWO SUGGESTED ROUTES OF AROUND 50 or 70 kms.

THE SHORTER ROUTE IS SUITABLE FOR RIDERS TO ENJOY A MORE RELAXED SOCIAL RIDE WITH AVERAGE SPEED IN THE LOW TO MID-TWENTIES

THE LONGER ROUTE CATERS FOR RIDERS KEEN TO MAINTAIN A FASTER SPEED OR ENJOY A LONGER RIDE

ALL MEET UP FOR COFFEE MID-MORNING AT A DIFFERENT LOCATION EACH WEEK AND BACK BY LUNCHTIME.

*** ON THE FIRST TUESDAY OF EACH MONTH WE MEET AT A DIFFERENT START LOCATION AT 9.30 am.**

SUGGESTIONS FOR RIDES AND COFFEE STOPS ALWAYS WELCOME

WET, WINDY & HOT WEATHER POLICY

If there is substantial rain at the start time, or the forecast possibility of heavy rain and/or violent winds in the Hills during the morning, the rides are cancelled. Also, if the forecast temperature for any location on the ride routes is 35 degrees or higher, the planned rides are cancelled

When cancelled, some riders organise their own shorter or earlier start ride

RIDERS PARTICIPATING IN THE TUESDAY TREADLERS RIDES DO SO ENTIRELY AT THEIR OWN RISK - ALL RIDES ARE ON OPEN PUBLIC ROADS

ACCIDENT, THIRD PARTY AND AMBULANCE INSURANCE RECOMMENDED

RIDE SAFELY - ADHERE TO ROAD TRAFFIC LAWS - LOOK AFTER OTHERS IN THE GROUP - GIVE CONSIDERATION TO OTHER ROAD USERS - ENJOY THE RIDE

See our '*Group Riding Guidelines*'

Good idea to carry your mobile phone with details of other riders in the group (List available)

Any queries check with

TONY: 8388 4730 / 0407 88 4730

Weekly route maps are available on our Blog: <https://tuesdaytreadlers.bike>



BICYCLE SA LISTED RIDE

SEPTEMBER 2018