
Big rides, great stories, and plenty happening in our club.

From Cycle of Giving updates and Glenda's inspiring spotlight, to Noel's Esk Camp and Ride report, eBike news, and a few handy tech tips — there's something here for every rider.

Cycle of Giving Let's ride together for a great cause.

This year marks the **20th anniversary of the Cycle of Giving**, and we would love to make it our biggest and most meaningful year yet.

On **Saturday 25 July**, our Club will once again come together to support **life-saving cardiac and transplant research** — and you can be part of it right now.

Our donation page is live, and all contributions are **tax deductible**. Every dollar raised helps support research that truly changes lives.

👉 <https://tcg.org.au/cog26>

👉 <https://www.scbclub.net/cog/>

A fun idea for our riding groups

We thought it would be a great opportunity for each riding group to create their own **team donation page** and see what we can achieve together.

It's completely optional — just a fun way to build a bit of friendly spirit and connection within your group while supporting a wonderful cause.

If you'd like to take part, simply [visit the donation page](#) and click **“Join Me”** to create your group page.

◆ JO's TECH TIPS

Spin for your heart, health and happiness

SPIN SMART

Light, smooth pedalling makes a big difference

- ✓ Spin lighter and faster — easier on your body and more efficient
- ✓ Supports heart health and helps reduce stress
- ✓ Less strain on joints, less muscle fatigue
- ✓ Boosts endorphins — ride happier, feel better

SLIPPERY LITTLE SUCKERS

Stay alert in wet conditions

⚠ Watch for: white lines, crossings, arrows, train tracks, metal plates, manholes, wet leaves

- ✓ Slow down early and brake gently
- ✓ Stay upright when crossing hazards
- ✓ Keep movements smooth — no sudden turns or braking

● TOP TIP

Ride together. Look out for each other.

Did you know?

Our Ride Coordinators all have access to edit our Club's calendar.

Calendar Tips:

-  [Display only your rides](#)
-  [How to import our calendar](#)

😊 Please let us know if you change your mobile or contact details. Simply fill in the online form and our Treasurer Paul McGuire will update your details in WhatsApp and our Club's database.

[UPDATE YOUR DETAILS](#)

Latest eBike Announcement



The Queensland government will accept, or accept in-principle, 28 recommendations made by a parliamentary inquiry into e-mobility devices.

The recommendations include banning the use of e-mobility devices for children under 16, reducing the speed limit on footpaths to 10 km/h and giving police the power to randomly breath test riders.

What's next?

The reforms will be introduced to state parliament this week.

[Read the ABC report.](#)

Graveller Adventures

Glenda is our Graveller Ride Coordinator and is spinning up some epic gravel adventures. Look for the Green sub heading on our calendar.



Featured Posts



2026 Esk Camp and Jam Ride Report

From Thursday 19th March to the 22nd March Sunshine Coast Bicycle Club and a few friends did some rides in the mornings followed by entertainment from the Esk Camp and Jam Festival later in the day.

👉 [Read Noel's report](#) on this great weekend away.



Spotlight on Glenda Banaghan

Meet **Glenda** — a determined endurance rider whose journey from running to conquering epic cycling challenges is a powerful reminder that, at any stage of life, you really can do hard things.

👉 **Spotlight on Glenda Banaghan.**



New Supplier

We are trialling a new supplier for our club jerseys, offering a **race fit design with a different material** for those who prefer a more performance-focused feel.

A big thank you to **Rob Herd** for doing the groundwork to make this possible.

The new jerseys are expected to be around **\$45 for a short sleeve**, compared to our current Bowy jerseys at \$120 — with **both options still available** depending on your preference.

Rob will bring along a sample this Saturday at the **ARSE**, so you can see and feel the difference.

ARSE Date Claimers

Come along to our **Saturday After Ride Social Events (ARSE)** for a free sausage sizzle, coffee, and a good chat. If you're not riding, why not lend a hand with setup or cooking? Many hands make light work and keep these great mornings going.

Contact Michael if you can help: gaviganmichael55@gmail.com

28 March

Cod Hole Park
Riverside, Maroochy

27 June

Park nth of Kawana
Surf Club

18 Sept

Cod Hole Park
Riverside, Maroochy

President's Note

Looking ahead and riding safely together

Stay Seen This Autumn

As we move from the long days of summer into the shorter, cooler days of autumn, it's important that all riders take extra care to remain visible on the roads. This means using both front and rear lights at all times and ideally wearing a reflective vest to improve visibility to others.

SCBUG Safety Campaign

The Sunshine Coast Bicycle User Group has launched their "[Camera on Board](#)" campaign, encouraging the use of cameras on bikes to promote safer behaviour from both cyclists and motorists. It's well worth a look on their website.

A Growing Club

Our membership is now around 250 and continues to grow. This is a fantastic result and reflects the effort that has gone into launching our modern website and Facebook presence — well done to everyone involved.

Club Colours Out On The Road

It's also great to see so many members wearing the new club jerseys on rides. They look terrific and really strengthen our club identity out on the road.

Away Rides — Let's Bring Them Back

One area that has declined is the number of away social rides. Recently, the Esk weekend has been our only event of this kind — a big thank you to Noel Wood for organising such an enjoyable and successful trip.

To bring more of these rides back to the calendar, we need volunteers. If you've ever considered helping out, now is a great time to step forward. The club will provide all the support you need to plan and run an event.

Looking Ahead

Let's keep building on the great momentum we have and make the most of the year ahead.

Phill Price

President@scbclub.net

Sunshine Coast Bicycle Club

<https://www.scbclub.net/>

